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# AMERICAN SURVIVAL.

OCTOBER 1987 VOL. 9 NO. 10  
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THE MAGAZINE FOR SAFER LIVING

GUIDE

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M1A RIFLE &  
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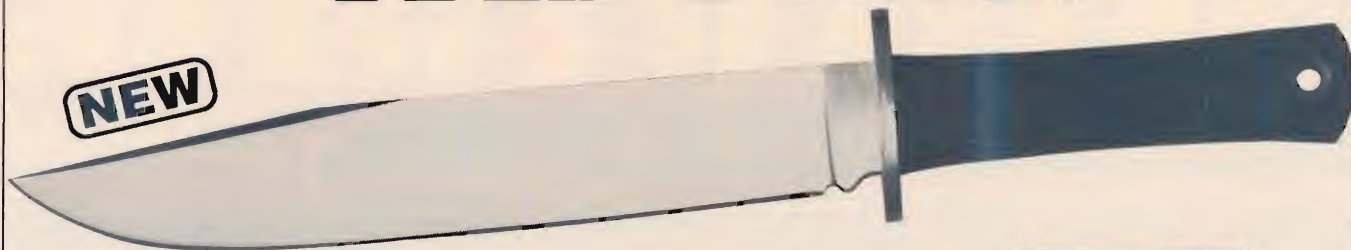
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# AMERICAN SURVIVAL GUIDE

OCTOBER 1987 VOLUME 9, NUMBER 10

THE MAGAZINE FOR SAFER LIVING

**COVER:**  
John Goncz's high-tech 9mm assault pistols are produced on computer-controlled machines to exacting tolerances. Also shown is one of his one-piece knives. See page 22 (Photo by Jim Benson).

Page 53



## 8 To The Point

Bernhard Goetz:  
Vigilante or  
concerned citizen?

## 9 Survival Line

Terrorist Training Act,  
Presidential Nuclear protection,  
Soviet broadcasts in U.S.

## 10 Book Reviews

Foreign Legion  
handbook, Marine  
M16A2 Rifle, home buying.

## 12 New Products

Equipment of  
interest to the  
self reliant.

## 14 Mail Call

Letters from  
the survivalist  
community.

## 16 Snake Bite

First aid procedures  
to survive venomous  
snake bites.

## 20 Team Leader

Bowie design  
folding battle  
blade: unique.

## 22 Goncz High-Tech Guns

Precision made, Space  
Age designed  
firearms, knives.

## 28 Assault Systems

**Holsters**  
Ambidextrous modular  
holster systems for  
the professional.

## 32 Handgun and

**Flashlight**  
Techniques for  
protecting yourself  
in your home.

## 36 Mitchell AK-47 Tests

Trying out the new  
Yugoslav AK with 75-rd  
drum mag, Chicom ammo.

## 43 Retort Water

Convenient sealed  
pouches for  
safe drinking water.

## 44 EMP-Resistant GMC

One man's directions  
for converting a 4X4  
to EMP-Resistant ignition.

## 46 Tiger Moves

What does the tiger  
do that humans  
don't for fitness?

## 50 Medical Evacuation

Always ready for  
emergencies, meet the  
421st Ambulance Medical Co.

## 53 Food Storage

Tracing the evolution  
of food preservation,  
from Ice Age to Space Age.

## 56 Land Rover

Meeting transportation  
needs in the most  
adverse conditions.

## 60 Anti-Terrorism Conference

Network of professionals  
joins together to  
combat terrorism.

## 62 Bicycling

Doing what you  
can to meet  
current health needs.

## 64 All That Glitters

Protect yourself from  
swindlers when acquiring  
precious metals, gems.

## 70 Classified Ads

Messages of  
interest to  
survivalists.

## 72 ASAT Camouflage

Eight years of research  
results in effective and  
deceptive clothing.

## 74 Sheep Hunting

The Heckler and Koch  
91 encounters the  
Desert Bighorn.

## 78 1987 Giveaway #2

Win a Springfield  
Armory M1A, .22  
carbine, Predator knife.



Page 56



Page 74

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# TO THE POINT

## *Bernhard Goetz: vigilante or concerned citizen?*

**B**Y the time you read this, Bernhard Goetz may have been sentenced. He was at this writing facing a prison term of two to seven years for illegally possessing a handgun which he used to shoot four young men who he believed were about to rob him on a subway train on Dec. 22, 1984 in New York City.

It's possible that the sentencing judge could impose no prison sentence, and I would hope that is what is actually handed down to the soft-spoken 39-year-old electronics specialist who was dubbed the "subway vigilante" after the shootings.

The same jury that convicted him on the illegal weapon charge acquitted Goetz of 12 charges—10 of them major felonies including attempted murder, assault and reckless endangerment. Obviously, the jury rejected the prosecution's argument that Goetz had acted improperly and irrationally when he drew his .38 revolver and shot the four young men—all of them 19 at the time—after he was surrounded and one of them demanded \$5.

The Goetz case created a sensation in the national media and spurred heated debate across the country over the right to use deadly force to defend oneself against violent crime.

As someone who's lived in New York and been the victim of an attempted armed robbery—wherein the weapon used was a butcher knife—I feel particularly sympathetic when I read about the Goetz case and what happened to him. The youths he shot, by the way, all had considerable criminal records. All were released from the hospital shortly after they were shot by Goetz, except for one, Darrell Cabey, who remains paralyzed. At the time he was shot by Goetz, as I understand it, Cabey was awaiting trial for armed robbery.

Before the trial, Goetz was quoted on the ABC News program *20/20* as saying he could not understand why there was such a furor over what he did. "You know, it's a funny thing. What has been done to me in previous violent incidents (he was injured in a previous subway mugging) and what I know has been done to countless thousands of other people has been so excessive and unnecessary. I don't understand why this has attracted so much attention, why there are so many people, particularly people who are against me, who are so anxious, you know, to pass judgment against me . . . This is the type of thing the news jumps on. But you know, the people are victimized and brutalized terribly, and

they don't exist, because the media doesn't report them. In that way it is similar to the movie *1984*. You know, if people don't know about something, it doesn't exist."

Later in the same program, Goetz had this to say about his actions: "And the truth is ugly, it's disgusting, and I was a monster, I don't deny it. But I wasn't a monster until several years ago in New York. And if you have to become a monster to survive in that city, you can condemn me for it. If someone kills me, I don't care, but I just don't want to be maimed, I don't want to be beaten again."

There is no doubt in my mind, after studying the circumstances under which the men approached Goetz on the subway and their backgrounds, that they were indeed intending to rob him and probably would have at least roughed him up had he not resisted as he did.

The threat of violent crime is common in New York City; New York City where the powers that be have taken away the citizens' right to self defense by banning all manner of weapons; New York City where there is an average of several murders daily and muggings, armed robberies, rapes and other mayhem are so common much of it is never even reported in the press.

Now, I don't want, in saying all this, to paint a picture of New York City as being a place of omnipresent danger and violence. I love the city. It's a fascinating, exciting place teeming with life and energy. To be sure, New York is a great city, one unlike any other. But it does have its dark side, where crime is epidemic and senseless violence and brutality are commonplace. And this despite the largest police force in the country.

Bernhard Goetz went up against the system—a system that denies citizens the right to self defense—to do something about a crime situation he found intolerable. A jury of his peers tended to agree with his motives while recognizing that he broke the law in acting to fight crime and defend himself. A poll of readers taken by *American Survival Guide* in 1985 revealed similar sentiments about the case. Ninety-six percent of the respondents believed Goetz was "in the right" in shooting the would-be muggers on that subway car. Let's hope that, someday at least, the authorities in New York take stock of the situation and reconsider overly restrictive laws on weapons possession and use of deadly force in self defense—*Jim Benson*.



# SURVIVAL LINE

**'Terrorist Training Act,' new planes, mobile ground command centers for president in nuclear war role, economics of nuclear attack, Radio Moscow to begin broadcasting on AM band . . .**

**T**HE State of Idaho has enacted new legislation which prohibits "training in or with any technique or means capable of causing property damage, bodily injury or death, with the intent to use such training in the commission of a crime."

The new law is an outgrowth of a number of incidents involving crimes committed by white supremacist groups in the past few years.

The "Terrorist Training Act," as the legislation is known, is, according to Idaho Attorney General Jim Jones, "the toughest legislation of its kind in the United States," and he adds, "it will be strictly enforced." Violation of the new law carries the possibility of up to 10 years in jail and a \$50,000 fine.

**Nuclear War Survival Presidential Style**—Plans have been announced to purchase two new Boeing 747s that will replace the current 707s which serve as Air Force One. The new Air Force One(s) will be designed to be able to continue flying for up to three days (with midair refueling), and to withstand the intense electromagnetic pulse (EMP) effects generated by exploding nuclear weapons. The planes are scheduled for deployment by May 1989, and will cost \$125 million apiece.

In the event of a nuclear war the president would be able to conduct all necessary operations from the new Air Force One. However, current planning calls for Air Force One to rendezvous with a special Air Force cargo plane in an area of the U.S. not under attack. Both planes will land and the president and his staff will be transferred to the new Ground Mobile Command Center, GMCC, carried within the specially modified Air Force cargo plane.

The GMCC is a specially built, 18-wheel, tandem tractor-trailer. It has been designed to withstand the blast, radiation, and EMP effects of nearby nuclear explosions. The two GMCC trailers have room for the president, his military advisers, and a battle staff. The GMCC will be linked via satellite to the U.S. command structure, and will allow the president to conduct U.S. military operations.

Two prototype GMCC units have already been built by TRW. Plans call for up to 20 of the GMCC units to be built.

They would be used by the national command authorities, NCA, to insure the continued functioning of the nation's strategic command and control system.

**Nuclear Economics**—A new study by the Massachusetts Institute of Technology indicates that a limited Soviet nuclear attack on the U.S. could trigger an economic collapse that might take decades to recover from.

The study, which took four years to complete, used computer models to simulate an attack aimed only at the liquid fuel production and distribution system of the United States. The results of the simulation showed an immediate U.S. death toll of 20 million with an additional 5 million injured. According to the study a large portion of the remaining population would die of starvation and disease within months of the attack due to a lack of transportation and medical facilities. The study further predicts "near medieval" living conditions in the U.S. for "decades after the attack."

Taking issue with the results of the study, a spokesman for the Federal Emergency Management Agency, FEMA, stated that the statistics used in the MIT computer program were those which FEMA itself had abandoned in 1984 as unrealistic. FEMA spokesman noted that the agency's own studies indicated that the recovery time from such an attack would be in the neighborhood of from 2 to 4 years, and, that given an adequate civil defense program, the number of casualties would be far fewer than that predicted by the MIT study.

**Ivan On The Air**—Until now, if you wanted to hear the Soviet view of world events, you needed a shortwave receiver in order to tune in to Radio Moscow. That may now have changed. The Soviets have recently announced that they will begin broadcasting to the United States over regular AM frequencies, as part of an experimental program. The broadcasts will be transmitted from Cuba on a frequency of 1040 kHz every other Saturday and Sunday between the hours of 8 a.m. to 6 p.m. The broadcasts should be strong enough to be heard in Florida and the Gulf States, though the 1040 kHz frequency is also assigned to a number of U.S. radio stations. ●

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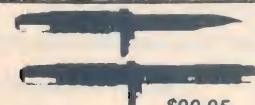
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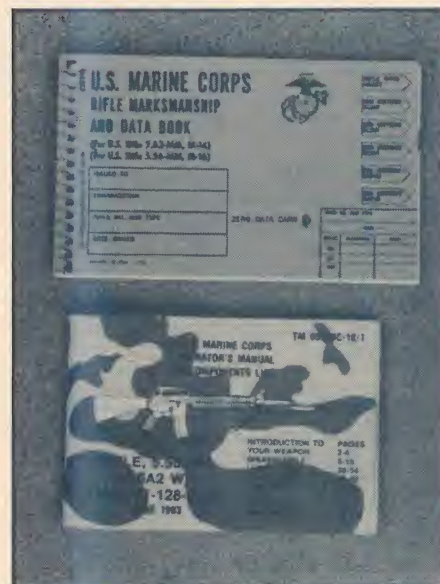
# BOOK REVIEWS



**French Foreign Legion Paratrooper Combat Manual, 2 R.E.P.**; Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; softcover, 268 pages; \$17.95 plus \$3 postage and handling.

"An indispensable asset for France in carrying out its African mission and in maintaining, as it has recently done, a presence in many regions throughout the world, has been the availability of military units specially trained and equipped for intervention," it is stated in the first chapter of this manual. "Certainly the most famous of such units is the legendary Foreign Legion 2nd REP, but the French Army's 11th Airborne Division (11th D.P.) is no less powerful and no less effective." This manual does not represent the complete textbook on the combat training of the Legion paratroopers. Their training is continually updated. The translated text in this manual is the consolidated parachute company's instruction manuals *A Carnet de Combat* and the pocket guide issued to every Legionnaire parachutist on completion of training in the "4th Compagnie." This manual covers the "1 REP" from its origin in Indochina to the present-day 2 REP operations in Africa in which the material from the *Carnet de Combat* and actual combat operations are combined. Also included is the 11 D.P. requirements. The 2 REP is the leading element of France's Rapid Action Force, "Force de Frappe," or "Strike Force." Chapters cover the history, structure and weapons of the French Foreign Legion; Legion para combat training; map problems and combat reference tables; marches, security and combat development; offensive combat;

defensive combat; the para section in attack; the para section in defense and security; weapons organization and tactical employment; heavy machine gun; the para battalion anti-tank; the 81mm mortar; anti-aircraft defense; tanks and heavy support weapons in paratrooper assault units; the para battalion against the tank attack; and appendices on combat deployment of the para battalion and operational combat jumps of the Legion paras.



**M16A2 U.S. Marine Corps Operator's Manual w/Components List, TM 05538C-10/1**; Sierra Supply, Dept. ASG, P.O. Box 1390, Durango, CO 81302; (303) 259-1822; softcover, 120 pages; \$4 each plus \$2 shipping and handling.

If you own the M16A2 or the AR-15A2, this operating manual and troubleshooting guide is for you. Printed in June 1983, the compact booklet includes an introduction to your weapon, disassembly, lubrication, reassembly, magazine, preventive maintenance checks and services, operation and 5.56mm NATO ammunition. A well illustrated, handy little booklet to help you familiarize yourself with your rifle and its operation.

**U.S. Marine Corps Rifle Marksmanship and Data Book, for the U.S. Rifle 7.62mm M14 and the U.S. Rifle 5.56mm M16**; Sierra Supply, Dept. ASG, P.O. Box 1390, Durango, CO 81302; (303) 259-1822; softcover, 95 pages; \$4 each, five for \$18, 10 for \$32. Full of informative shooting tips for M16/M14 shooters. Covers trigger control, range estimation, zeroing weapons,

(Continued on page 30)



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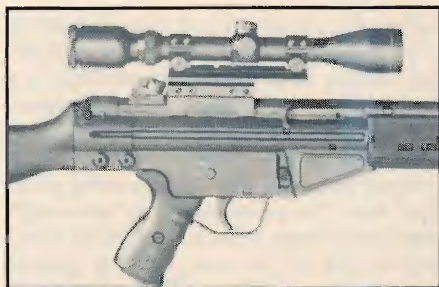
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President. "Personal Protection Products can cater specifically to the security needs of the American business executive." Jean-Pierre Strumer, Vice President, will be in charge of the sales division. Headquartered in Hamburg, Germany, the company has provided sophisticated defense systems and products to protect international businesses, governments/embassies and individuals from serious criminal activities for over 20 years. All the branch offices offer substantial experience and technical competence in their products. One of the many unique devices from the P3 catalog is the sophisticated "Wrist-Watch Camera" which enables the wearer to take photographs unobtrusively, yet doubles as a fully operational watch.

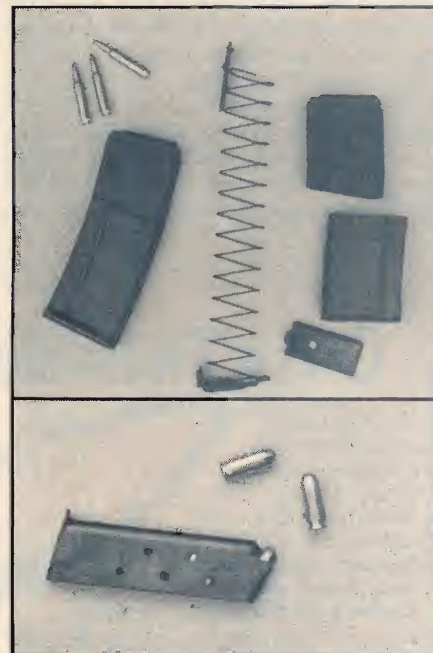
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This letter is in response to two letters appearing in the March 1987 issue. The letters were about two separate articles appearing in previous issues: "Private Armies" and "Forcemen." My concern stems from the use of the term "combat survivalism." This phrase reminds me of the use of "Saturday Night Special" by those who wish to prohibit the possession of privately owned handguns. Combat survivalism has no specific, legitimate meaning and serves only those who would make it a crime to own a set of BDUs. As survivalists, I think we need to keep these two terms separate. Now this is not to say that fighting skills are not important to the survivalist, only to say that we don't survive to fight. A person might feel that learning how to grow mushrooms is an important skill. Does that make him a Mushroom Survivalist? I think not. But why are combat skills different? Because many who prepare for adverse times feel that there could be conditions in which we do survive in order to fight. Under those kinds of conditions we are no longer survivalists but militiamen, or guerrillas, or patriots, or whatever other kind of description. Then survival becomes a combat skill. Which brings me back to the two letters. On the one hand, one letter criticizes those who

feel that making military preparations is necessary as just fantasy, while on the other hand, the other letter is by someone who wants to survive but also loves his country—in which case military preparations could be important. In the first letter by Miles Cable there seems to be some frustration, and rightly so, about being lumped together with those who are psychologically fragile. In the second letter, by Bill Gardner, we find someone who is trying to discern the proper role of force; a difficult task considering how combat and survival have been lumped together. The right answer should be that we can do both. I would argue that each of us would want to learn both areas—survival for ourselves and families, and combat for communities, states and the nation. I think that the best way to understand this problem of survival and combat becoming too close is to understand why we want to learn these kinds of skills. Those of us who would consider ourselves survivalists

believe for any number of reasons that it is a good thing to know how to continue living without all of the luxuries we have in a high-tech society in which there is no guarantee that such conveniences will always exist. Those who want to learn about combat feel that such a need could arise. And since the government has been negligent in this area, private citizens are wanting to take up the slack. How is government negligent? Since 1880 the definition of "militia" has been all male citizens between the ages of 16 and 45. The government, under the guidance of the Second Amendment, is supposed to regulate a militia (and, I would argue, not firearms). And while having an active duty military and reserve forces capable of being deployed anywhere in the world, this does not mean that a real militia is not necessary. The National Guard and reserve are not militia forces; and it would be presumptuous for us to assume that our founding fathers did not know the differ-

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ence between an army and a militia. If we are not to be afforded the opportunity to participate in a well regulated militia, then we have to do it on our own.

Dana L. Downing  
Milleen, Texas

I would like to say a few words about Mr. Cable's letter that appeared in your March 1987 issue. First, when Mr. Cable spoke of, in his words, the "red dawn scenario," it sounded as though he didn't believe in such a scenario. Anybody who doesn't believe in a communist invasion of the United States has been under a rock for the last 50 years. First off, the communists want the world. Several Soviet leaders have stated that they won't be satisfied until the world is under Marxist control. The Soviets don't want America radiated. I head a small four-man survival group in central Florida, and being so close to Cuba, we started practicing with replicas of Soviet weapons and training in guerrilla warfare to be used against the communists. We are not Rambos or bimbos. To all survivalists I convey this message: train for both a nuclear war and a Soviet invasion. The only reason we plan for a nuclear war is that if the Warsaw Pact invades Western Europe, you can expect the end of the world. Most likely that won't happen. The Soviets will keep supporting guerrilla movements in Central America, and someday they will engulf ALL of Central America and finally Mexico. And you people who go to your retreats, in a matter of days or weeks the Soviets will find you. I certainly don't think 10 or 20 men can hold out in a house for even a matter of minutes when a battalion of Soviets come knocking at your door. Second, if you think the Army can do anything about it, think again. The Army has two million, including the National Guard and the reserves—well, the guard and the reserve could never be mobilized in time. With parachutes falling on their houses, how would they be able to scramble down to the armory and grab an M16 and put on their gear? The best answer would be prolonged guerrilla warfare making it expensive for the Soviets. And we don't spend all of our time practicing guerrilla warfare; I am learning about basic gunsmithing and we are starting to stock up on MREs. We also are learning about NBC survival. So don't think we are a bunch of idiots. Please recognize the Soviet threat—before it's too late . . .

Robert Hendricks  
St. Augustine, Florida

*We don't claim to be able to predict the future, but we believe that while there are many aspects of survivalism and people involved in it that have nothing to do with combat/military skills, these are nevertheless legitimate and worthwhile for those interested. We see nothing wrong with law-abiding civilians having military and fighting skills. ●*



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**I**N the long history of first aid literature a vast amount of information, misinformation and folklore has been written on the subject of snake bite treatment. Over the years, suggested procedures have ranged from sheer quackery to viable, but controversial, medical practices.

It is as if the terror with which humans view venomous snakes has acted as a fertilizer, encouraging the proliferation of apocryphal horror stories of vengeful mates and immortal severed heads, as well as spurious quick-and-easy antidotes to inevitable, agonizing death.

In this article I will attempt to separate fact from fiction and recommend sound, proven first aid procedures.

The vast majority of venomous snake bites in this country are from members of the subfamily Crotalinae: Rattlesnakes, Cottonmouths and Copperheads. These are the Pit Vipers, so called because of a distinctive temperature sensitive pit visible between each eye and nostril which aids in locating prey. These snakes have two moveable, replaceable, hollow fangs in the front upper jaw, which inject the venom from glands behind each eye. Ironically, the evolutionary purpose of this venom is to secure food, not defend against attack. This explains why some 25 to 35 percent of bites on humans are "dry," with little or no envenomation, and little or no physical effect on the victim.

Broadly speaking, there are two types of snake venom: hemotoxic, which attacks the structure of the blood; and neurotoxic, which affects the nervous and respiratory systems. Although pit viper venom is generally classified as hemotoxic, it often displays strong neurotoxic effects as well, so this distinction is not concrete.

A sequence of symptoms from a severe Crotalinae bite might be as follows:

1. Immediate pain and swelling in the bite area.
2. Nausea, weakness, numbness in extremities, increased pain.
3. Increased swelling of entire involved limb, muscle paralysis.
4. Hemolysis (destruction of red blood corpuscles) evidenced by cyanosis (bluish tinge to skin), renal failure accompanied by hematuria (blood in the urine), loss of consciousness, cardiac and/or respiratory failure.

Though these symptoms sound gruesome, the fact is that mortality from snake bite in the United States is extremely low, hovering around 1 to 3 percent in Arizona, for example.

Though amputation of the bitten limb is more frequent, this is as often necessitated by improper first aid treatment as by the bite itself!

If you are bitten by a rattlesnake, sit still and do absolutely nothing and the chances are good that you will survive.

In fact, staying calm and still is probably the one universally endorsed procedure among medical professionals in this field. From there on, however, things can be confusing.

Every outdoorsman remembers those

## Saving Life, Limb:

# Snake Bite

*Proven first aid procedures that can be administered by any layman . . .*

By Jonathan Hanson

snake bite kits with the little rubber suction cups and the little scalpel and tourniquet inside—practically standard equipment in the glove box of the pickup. You were supposed to tie the tourniquet around the leg or arm above the bite, cut open the puncture wounds with the knife and suction out the venom with the rubber cups. Unfortunately, this procedure involves a couple of questionable and even dangerous practices.

First, experience has shown the old "shoestring" tourniquet to do more harm than good. Even when loosened properly every few minutes, the tourniquet slows circulation to the bite area dangerously and, by reducing dissemination of the venom, can greatly increase local tissue damage. Tourniquets tied around fingers have allowed such massive tissue destruction in that small area that amputation of the finger was necessary—a procedure rarely needed anymore. If the venom had had a chance to disperse through the hand and arm, the finger might have been saved.

**Constricting Band**—More effective, and much safer, is a constricting band, such as an Ace bandage, wrapped snugly several inches above the bite to control the spread of venom through the lymphatic system while not hindering blood circulation. Even a constricting band should be loosened periodically, and be moved in front of any advancing swelling.

Although incision and suction is still generally endorsed as an effective procedure, it must be done *properly* and *promptly* to be of value. Suction performed after 20 to 30 minutes have elapsed is pointless, and small rubber cups can be only marginally efficacious at providing enough suction. Incision should be considered only if the bite is not close to a large artery or vein. Large slashes will cause the loss of more blood than venom; a sterile lancet should be used to produce a narrow and fairly deep puncture over each fang mark. A very promising tool for suctioning the wound is now on the market. Called the Extractor, it is a plunger activated tool with different tips to cover bites in different areas, and provides a powerful action. The Extractor comes in a

yellow box with extra tips, a razor for shaving the area around the bite, and a very thin and dangerous tourniquet which should be discarded.

Lacking the proper tool for the job, it is generally safe to use the mouth for suction—venom is harmless in the digestive system—but I could find no consensus on possible effects on an ulcer or open sore in the mouth, so the venom should certainly be spit out promptly.

Often when a snake bites the venom will stay isolated in a small bubble in the flesh, a phenomenon known as encapsulation, for several minutes. If incision and suction are implemented immediately and for 20 to 30 minutes a considerable amount of venom may be removed.

Several years ago the avant-garde treatment for snake bite was cryotherapy—the application of ice packs to the bitten limb, ostensibly to reduce swelling and slow circulation of the venom. For a while even many experts lauded cryotherapy as a panacea for snake bite woes. Unfortunately cryotherapy proved to be, at least in untrained hands, a disaster, often causing much more damage than the bite itself. Frostbite, tissue destruction and gangrene resulted in many unnecessary amputations, often of entire limbs, and the procedure has fallen precipitously out of favor among professionals. Unfortunately, this treatment is still recommended in more than a few ill-informed works on the subject.

As I was completing this article, the latest fad cure came to my attention: electric shock! Evidently a South American doctor has reported that voltage from a car battery, applied to the vicinity of the bite, "neutralizes" the venom and allows the victim to be on his merry way in hours. I dutifully contacted a couple of professionals, both of whom rolled their eyes and said, "Well, anything's possible." Although I'm sure that this claim will be thoroughly investigated by our medical community, I cannot at this time recommend substituting jumper cables for an Extractor and an Ace bandage. The best use for a car in such a situation is to get the victim to a hospital!

Once the victim has reached medical facilities, the bite will probably be treated with antivenin (often mistakenly if logically





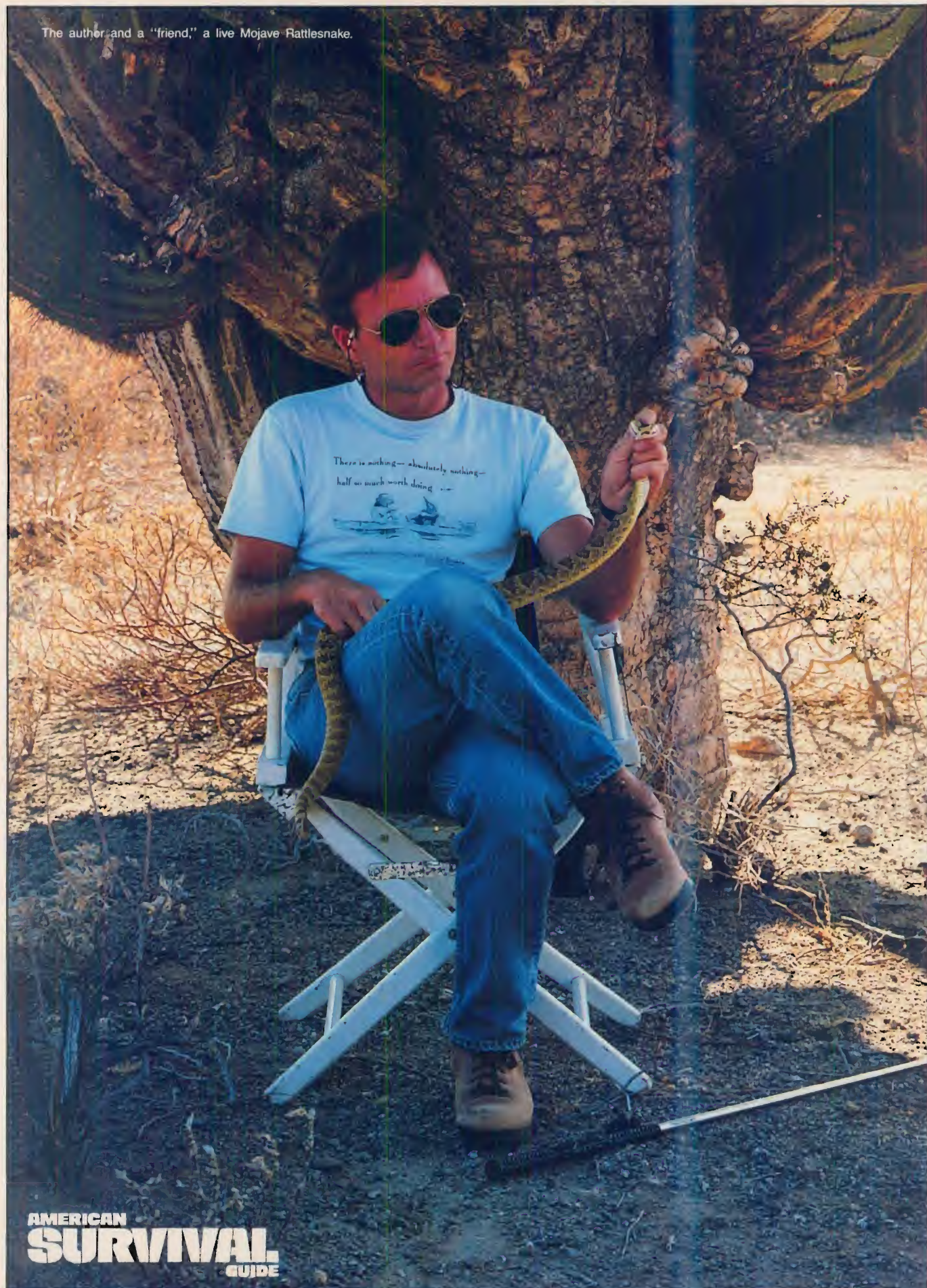
ABOVE — *Crotalus atrox* or the Western Diamondback Rattlesnake.



*Crotalus scutulatus* or the Mojave Rattlesnake.



The author and a "friend," a live Mojave Rattlesnake.





## Snake Bite

referred to as antivenom), most likely the polyvalent crotalid serum manufactured by Wyeth. However, severe systemic reactions to the serum—often more life threatening than the bite itself—are possible, so a sensitivity test will be administered first. In cases of severe envenomation up to 15 to 20 vials of antivenin may be required. Because of the danger of toxic reaction, the large amount of serum needed for effectiveness, and the fragile nature of the serum, field kits of antivenin are rarely practical.

I realize the procedures recommended in this article may seem conservative; as noted before, it is always tempting to embrace new and impressive sounding techniques which promise easy and painless recovery. A doctor in my area who has probably treated more snake bite victims than any other man in the country was once asked to give his views on first aid treatment of rattlesnake bites to a symposium of toxicologists. His first words to a somewhat chagrined audience were, "If you do nothing, you've done nothing wrong." The techniques suggested in this article are those proven to be of life saving value which can be administered by any intelligent layman.

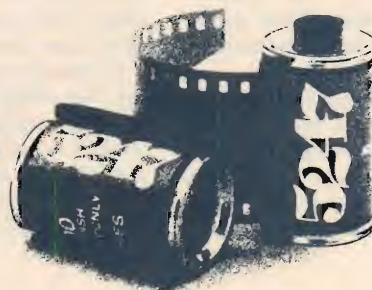
Finally, the best treatment is prevention. When you are in snake country, watch where you put your hands and feet (and butt). If you see a venomous snake, stay away from it and count yourself lucky for the experience. Remember that all snakes are beneficial predators. Unless the snake is an immediate threat to a

residential area, or you are desperately hungry, there is no reason to kill it (since rattlesnakes are pitifully easy to kill, there is certainly no excuse for doing so on the basis of machismo). As in many other wilderness situations, the best tool you can possess in snake country is the proper attitude. ●

### In Case Of Venomous Snake Bite

1. Keep the victim calm. This is probably the most important step of all. The lower the pulse rate, the slower the venom will spread through the system.
2. Immediately apply a constricting band several inches above the bite. This band should be snug but not tight, and should be loosened for a few seconds every 10 to 15 minutes. The band should also be moved ahead of any advancing swelling.
3. Immediately incise the wound, if practical, and apply suction to the wound by any means available. At this time the victim should be transported to a medical facility, if possible. Suction should be continued enroute for 30 minutes. If medical help is out of reach, keep the victim absolutely still.
4. Do not, under any circumstances, pack the limb in ice.
5. Do not administer morphine, which is a vasodilator and may facilitate the spread of venom.
6. If you are in the U.S. I do not recommend killing the snake to take it with you for identification. Since the treatment for all crotalid bites is very similar, this will only waste time and expose others to danger. The only exception to the above is the Coral snake, but this species is very distinctive (bright red, yellow and black bands) and bites from coral snakes are extremely rare. In other countries with resident elapid species this situation changes, as different types of antivenin are used for different species.
7. If the victim has to walk any distance to a vehicle, he should do so at a slow, steady pace. Every 10 to 15 minutes stop and sit down to let the heart rate slow, then loosen the constricting band for a few seconds. ●

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ABOVE — The Team Leader compared in size to the Marine Corps fighting knife.

LEFT & BELOW — The 4½-inch blade folds inside the oversized handle to a compact 6-inch package. Handle is made of stainless steel and black micarta cloth.





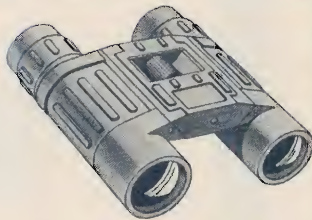
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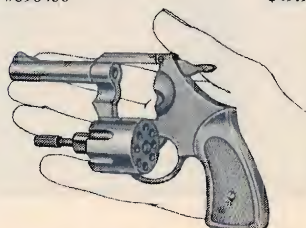


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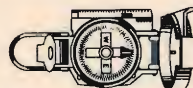
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# Goncz High-Tech Guns

*Precision-made, accurate, new semiautomatic pistols . . .*

By Bud Lang

IT'S not too often one gets an opportunity to watch a new gun being developed over a period of years, but the author is one such participant. This episode had its beginning about three years ago when I chanced upon a gentleman at a major West Coast gun show. Upon his table lay a handmade semiauto pistol, one that was truly handmade.

Made up of a collection of handmade parts, it looked pretty sad. Being optimistic, however, I left the creator my card, telling him if he ever got into production, well, give me a call. We were always on the lookout for something new in the way of handguns.

About six months later that call came through. John Goncz (pronounced Guns—really), a native of Hungary but a resident of the U.S. for many years, has an engineering background and an intense interest in firearms. After many months, he finally finished his tooling and dies and was now attempting to get into production. Initially

he was casting the lower receivers of aircraft grade aluminum, but soon switched to high strength 17-4 stainless steel because it offered greater strength and stability.

The upper receivers are cylindrical, and machined from solid 4340 chrome moly

billet. Queried as to why he didn't use seamless tubing, Goncz replied that this unit's design dictated a wall at the rear of the receiver, and if he used tubing, this would require additional labor and parts. And, the unit would possess a weak point where the plug was fitted.

## Ammunition Velocity Tests

Goncz	9½-inch	Barrel	Goncz	5-inch	Barrel
Ammunition . . . . .	MV Average		Ammunition . . . . .	MV Average	
Rem 115-Gr JHP . . . . .	1,316 fps		Rem 115-Gr JHP . . . . .	1,189 fps	
PMC . . . . .	1,283 fps		PMC . . . . .	1,137 fps	
GECO BAT 116-Gr Ball . . . . .	1,457 fps				
Amer Eagle 123-Gr Ball . . . . .	1,233 fps		Amer Eagle 123-Gr Ball . . . . .	1,027 fps	
Hornady 115-Gr JHP . . . . .	1,299 fps		Hornady 115-Gr JHP . . . . .	1,209 fps	
Israeli Ball . . . . .	1,427 fps		Israeli Ball . . . . .	1,286 fps	
Win 115-Gr FMC . . . . .	1,244 fps		Win 115-Gr FMC . . . . .	1,059 fps	
El Camino 94-Gr JHP . . . . .	1,727 fps		El Camino 94-Gr JHP . . . . .	1,562 fps	



John Goncz test fires his GA 9mm Assault Pistol.



The author fires the GA 9mm Assault Pistol from the hip and found about 75 percent of his shots struck the target.







The GS 9mm with dummy suppressor and T-9 titanium survival knife with 9-inch blade and hollow handle.

Two-tone GS 9mm pistol with 5-inch barrel.

**AMERICAN  
SURVIVAL  
GUIDE**



## Goncz High-Tech Guns

Unlike the first pistol I handled, these guns are produced on computer controlled machines to very exacting tolerances. The bolt is of cast steel, a telescoping design, which Goncz claims reduces felt recoil and muzzle climb. This unit is the heaviest part of the pistol. You'll find a floating firing pin in use, removing dependence on a swinging hammer, which might have some adverse affect on accuracy.

The pistol grip is part of the lower receiver, and as you can see, is located about midway in the gun. That heavy bolt works directly above your hand, so balance is not affected during even rapid fire situations. The pistol grip features integral serrations and very slight thumb rests, affording you with a pretty good grip. Not too wide, the grip nevertheless accepts double-stacked magazines, allowing you to carry a pretty good load.

At present, Goncz High-Tech pistols are chambered for 9mm Parabellum, .45 ACP, .38 Super Auto and .30 Mauser cartridges. In .45 ACP chambering, magazines available will handle 10 or 20 rounds, while the others will handle 18 or 36 rounds; quite respectable.

The author is outfitted with a fair-sized hand, and found the trigger a bit too close to the grip during slow fire situations. Others, with smaller hands, will likely appreciate this factor as so many handguns have triggers—especially double-action pistols—that make you really stretch for that first shot. It should be noted that dur-



The Goncz T-9 titanium hollow-handle survival knife made from one-piece of titanium.



The S-9 440-C stainless steel hollow-handle survival knife made from one-piece of steel.

### Goncz GA-9 Assault Pistol: Tech Specs

Model .....	GA-9
Action .....	Semiautomatic
Caliber (.45 ACP, .38 Super Auto, .30 Mauser available) .....	9mm Parabellum
Barrel Length .....	9½ Inches
Overall Length .....	14.1 Inches
Weight (empty) .....	3 lbs, 2 oz
Sight, Front (adjustable for elevation) .....	Post, Ring
Sight, Rear (adjustable for windage) .....	Open notch
Material .....	Chrome Moly alloy steels, Stainless steel
Finish .....	Black Oxide
Accessories .....	Thread protector, dummy suppressors, magazines, Nylon slings, barrel extensions, barrels
Magazine Capacity .....	18 or 36 rounds
Suggested Retail Price .....	\$350.00
Manufacturer .....	Goncz Co., Dept. ASG, 11526 Burbank Blvd., #18 N. Hollywood, CA 91601; phone (818) 505-0408

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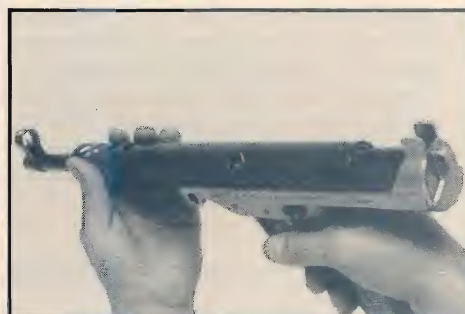
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## Goncz High-Tech Guns

(Continued from page 25)



Field stripping is quick and simple, requiring no tools.

ing rapid fire strings, where you're really not into aimed fire, this closeness factor went unnoticed. The trigger itself is fine. Should you find the need to let off when you're half way through a squeeze, the trigger/sear/firing pin relationships will immediately return to original safe positions.

Goncz claims the safety mechanism he developed for his pistols positively locks the firing pin, preventing it from striking a chambered round when the safety is in the UP position. It also indicates that the pistol is cocked, because the safety cannot be actuated otherwise.

Due to the Space Age look of these pistols, Goncz has labeled them high-tech pistols. Naturally it takes more than looks to make any handgun a straight shooter. There has to be precision—no sloppy parts—and there has to be a good barrel. If that tube isn't bored straight, if the rifling is poor, if the bore diameter is too loose or too tight, no matter what kind of ammo you use, it won't shoot straight.

**Accuracy**—Having shot one of the early prototype production guns, and a few of the later models, illustrated here, we must state they are quite accurate. We not only did some accuracy testing, but chronographing with pistols featuring 9½- and 5-inch barrels in an effort to determine what, if any, affect a few extra inches of barrel make in instances such as this. In all, eight different rounds were velocity checked, the findings of which are in an accompanying chart.

You'll note a few different versions of the Goncz pistol illustrated. The "two-

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tone" 5-inch barrel version features a plain stainless steel lower receiver and black oxidized upper, with a knurled nut up front protecting the 3/4-10 UNC barrel threads designed for acceptance of flash suppressors or sound suppressors where legal. Another version is shown with a dummy suppressor, which can double for a front grip. The 9½-inch barrel pistol features an extended upper receiver tube with perforations forward of the hinge pin. This model also comes with the front post sight attached to the barrel rather than the receiver tube. Another 5-inch version features a 4.8-inch barrel extension with the sight attached to the receiver, leaving you with a short sight radius, but a front grip for two-handed shooting.

The normal sight radius on the 9½-inch models is a full 14.1 inches, while it's 7.5 inches on the short barreled models, far greater than you'll find on most pistols. The front post sights are adjustable for elevation and are protected by a husky ring. The open notch rear sights are adjustable for windage.

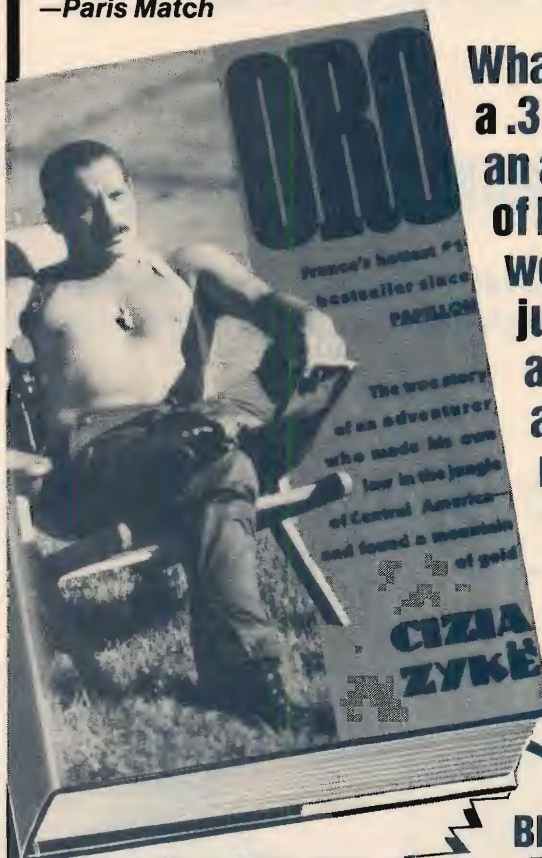
When it came time to test these pistols,

(Continued on page 34)

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The rig shown here is the dual harness system with holster and double magazine pouch for the 9mm H&K P7 M13 pistol. Suggested retail for the holster is \$35; pouch is \$15 and double modular harness is \$15. Optional belt tiedown straps are a few dollars more. For more information see your gun dealer or contact Assault Systems, Dept. ASG, 1075 Headquarters Park Drive, Fenton, MO 63026-2478; (314) 343-3575, or toll free (800) 325-3049.

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### Staff Report

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ABOVE — Optional hold-down straps of nylon with Fastex quick-release buckles.

LEFT — The adjustable harness can be used with either right- or left-hand holster configuration.



## SELECT FIRE 10/22

By Wayne Thornburgh



### SELECT FIRE 10/22

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(Continued from page 10)

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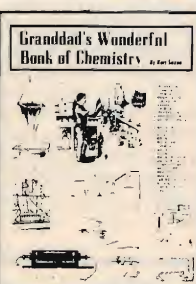
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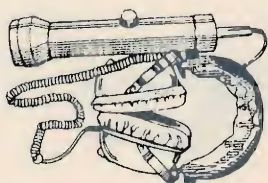
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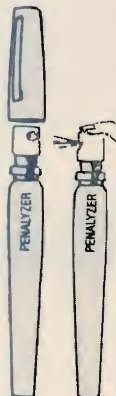
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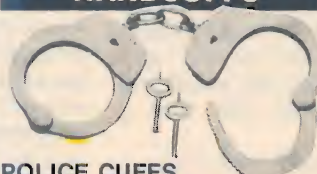
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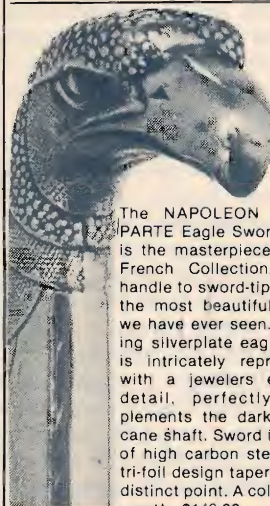
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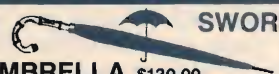
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## Home Defense:

# Handgun and Flashlight

*Responding in the darkness to an illegal entry . . .*

By Marc V. Ridenour

**S**OMETHING wakes you up—perhaps a screaming burglar alarm or your barking dog, or a more subtle hint that your home has been invaded by a burglar.

You may assume two things: the intruder is armed and will not hesitate to kill you. One long-time professional burglar stated he never went on a job unless he was armed with a gun and wouldn't hesitate to kill if confronted by the householder.

Turning on your room lights is a sure way to warn the burglar(s) that you're alerted to their presence and sure to pinpoint your location as well as illuminate you. You may need to be able to spotlight them and remain in darkness.

Massad Ayoob devised a gun and flashlight hold for such situations which you can use with a minimum amount of practice and still do it effectively.

The flashlight is gripped close to the head, so your thumb rests on the switch, allowing you to quickly turn it on and off with very brief flashes of light. With your forearm bent at a 45-degree angle, holding the light as described, brace your gun hand's wrist against the top of your flashlight hand wrist. This will give you a steady platform and will align gun and light on the same axis—the bullet should strike within or close to the circle of light.

A three or four-cell flashlight like the MagLite shown is the author's choice. When loaded with good batteries and a krypton bulb it projects a very bright beam to readily spotlight a person on the receiving end in a dark or dimly lit room.

To become proficient with this technique, tape a silhouette target to a wall and practice with flashlight and handgun (dry fire) until you can tell your hand-gun's sights are aligned on target every time you lock your wrists together as shown.

You must also practice moving silently throughout your home, from room to room, using furniture, appliances, corners and the edges of walls and doorways for cover and concealment. Do this at night, with lights off and shades drawn, practice until you have engrained the memory of every item's location into your subconscious mind and can move through a totally dark room without bumping into anything, moving from vantage point to vantage point.

Bear in mind that using a flashlight, even for only an instant, in a home defense situation can draw gunfire from an in-



When handgun and flashlight are held as illustrated here, they can be aimed together so the bullet will strike approximately the same spot as the light beam.

truder/assailant. While there are definitely advantages to having and using a flashlight in such a situation, there are also extra risks. Only you can decide what you should do if you are confronted with such a scenario.

If you ever have to seek out an intruder, wait for him to betray his location by some small sound or movement. Then if you are at a vantage point, you can spotlight him and yell "FREEZE!"

Of course you should always try to resolve the issue by staying put, calling the police, but if your phone is downstairs and you are upstairs, or the phone's in a different room or they've cut the line (something more and more of them are doing by the way) that may not be possible.

If the intruder does freeze, however, tell him to face the wall, place his hands behind his neck, fingers laced together. Then if you can, reach for the phone and



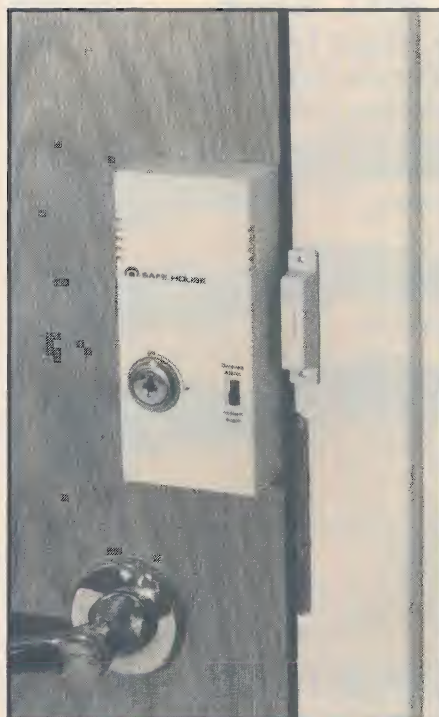
call the cops. Don't try to march him from one room to another—he might try to jump you. And be alert for any of his pals who may come sneaking up behind you.

If you have to shoot the intruder, after he's down and out of commission, call the police, ask them to send an ambulance. Explain the circumstances. Remember to describe what you're wearing and what you look like so the dispatcher can tell the responding officers who's *not* the bad guy.

Stash your handgun and flashlight before they arrive—they'll be keyed up, maybe even jittery—remember they're rolling on a "shots fired" call.

When they question you about the incident, politely refuse to answer any questions or make any statements until you talk to a lawyer.

In the Radio Shack catalog is a selection of low-cost burglar alarms you can install in your home yourself. Use the infrared and ultrasonic motion detector units to guard approaches to your bedroom at night and the door and window-mounted units on every door and window large



A key-controlled door alarm such as this one from Radio Shack could buy you precious time during a burglary (Courtesy of Radio Shack).

enough to admit a person through (don't forget dog and cat flex-ports and other openings too small for you to get through—they might not be for someone else).

That way you'll give yourself some lead time, a warning of intruders. Perhaps the racket will scare them off (and be sure to use a battery backup for the infrared and ultrasonic units because the burglar may cut your power cable as well as the phone line), or at worst case, give you time to be ready to confront them.

Deadbolt locks on all doors and window locks like the one shown in the Radio Shack catalog will stop or at least slow down an intruder, force him to make a noisier entry than he'd like.

The object is to discourage the burglar or at least buy you enough time to be prepared to confront him (or them).

A good alarm system backed up by a good handgun and flashlight plus the skill to use them effectively will give you much better odds of emerging unscathed should you become a crime statistic in the burglary columns ●

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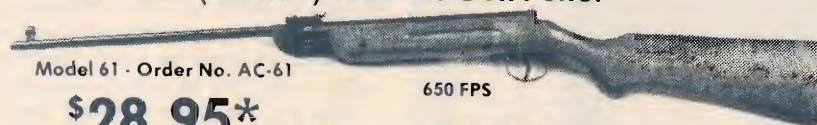


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## Goncz High-Tech Guns

(Continued from page 27)

we visited the Lake Elsinore Sportman's Association range. Because the barrels were reasonably long on these pistols, it was decided to go ahead and fire them from 25 yards rather than closer in as is our habit. We set up a bench and fired a few hundred rounds of different brands of 9mm Parabellum ammo and not one failed to feed or eject. The guns performed flawlessly. Firing two models—9½- and 5-inch barrels—we discovered that while the longer version was a bit more accurate, they were pretty close. Most of the five-shot groups with the 9½-inch gun averaged two inches, center-to-center, for five rounds. We had one five-round group that went 1.8 inches. This was with Winchester 115-grain FMC ammo.

Relative to muzzle velocities, we chronographed our ammo with an Oehler Model 33 Chronotach, with instrumental velocity readings taken at a point 10 feet from the muzzle. The nearly double barrel length of the 9½-inch gun upped the velocities anywhere between 90 and 206 fps over the 5-incher. We fired seven different major ammo brands through these guns, and with exception of two, most ran around 1,250-1,300 fps muzzle velocity from the long tube. The two exceptions were a batch of Israeli ball ammo and Geco BAT ammo. These two loads averaged 1,427 fps and 1,457 fps respectively. These figures (instrumental velocity) are figured at 10 feet from the muzzle, remember. We also tested some new El Camino Products 94-grain JHP loads. These produced an instrumental velocity of 1,727 fps from the 9½-inch pistol, and 1,562 fps from the 5-inch.

Considering the overall physical size of these pistols, they are relatively light, but they're still heavier than most handguns of like caliber. This weight factor comes into play when you're firing offhand, slow fire. The longer barreled versions when fired offhand can be shot with one hand, but accuracy certainly goes to pot. You have to use a two-hand hold if you want good accuracy.

We did some hip shooting from around 10-15 yards with both models and surprisingly, did pretty well. Firing 20 rounds at a time, we put about 75 percent of them in the paper when firing at Alco silhouette targets.

In addition to these pistols, Goncz utilizes the same action in producing a few carbines. All of these firearms are currently being produced, although in limited numbers. He is also producing stainless steel and titanium survival knives. Goncz expected to be in full production by late summer. If you're interested in further information on these pieces, you might drop him a line requesting his illustrated catalog. ●



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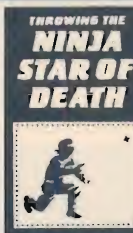
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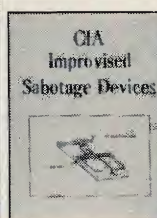
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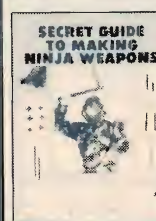
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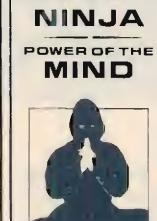
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# AK-47 Accuracy

*Testing the new Yugoslav-made AK for accuracy and function of the 75-round drum magazine . . .*

By Jim Benson

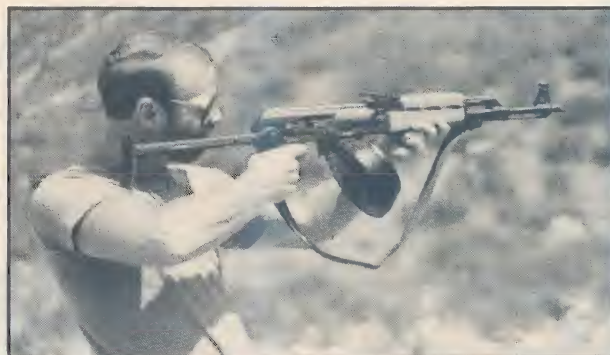


Bench rest testing at 100 yards proved that this AK is quite accurate.



With a fully loaded drum mag, total weight is 13 pounds.

Trying out a new 75-round drum magazine, we fired a full magazine into a hillside from the hip and shoulder and did not have one malfunction of any type.



**N**OT having had enough time during our initial review of the Mitchell Arms new Yugoslav-made AK-47s (July 1987 ASG) to do thorough accuracy testing, or to try out the 75-round drum magazine for this weapon (which was not then available), I will follow-up here with these tasks.

When Don Mitchell brought us the first of these new semiautomatic weapons more than a year ago, which we photographed and wrote about (but were not allowed to shoot) in the July 1986 issue, I asked if I could buy one as soon as they were available.

This year I was able to purchase the folding stock model AK-47 in 7.62 x 39mm (Russian) which Mitchell Arms is importing from Yugoslavia. These weapons, available in fixed teak wood butt stock and folding steel butt stock models with teak wood forends, will also soon be offered in 7.62 x 51mm and 5.56 x 45mm NATO calibers by Mitchell.

As soon as it was available, I also purchased the 75-round drum magazine as well. I have long wanted an AK to learn about the weapon and the caliber, which is becoming increasingly popular in this country.

Several versions of the Kalashnikov assault rifles are now sold in the U.S. and while the others are usually cheaper than the new Yugoslave models from Mitchell, none is as nice looking or as well fitted as Mitchell's guns are. The Yugoslavs are credited with making the best versions of these weapons, and I agree.

The Mitchell AKs have the AKM-type rear sight, graduated to an optimistic 1,000 meters in 100-meter increments, and AKM-type muzzle brake. They are available in semiautomatic fire only, but except for that are said to be Soviet mil spec. There are also the effective fluorescent

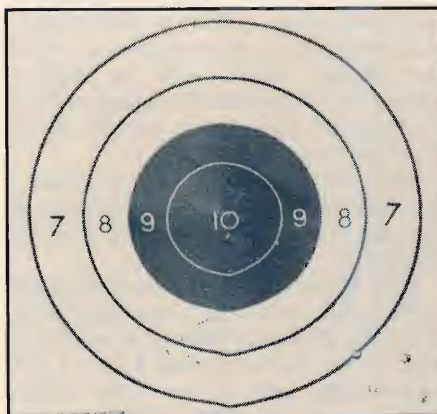




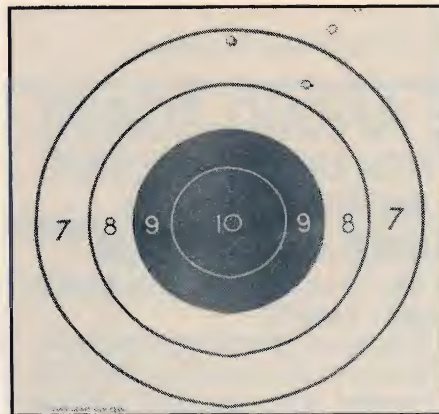
With steel stock folded this is a compact piece of firepower.



Loading the magazine is simple but must be done one round at a time. The drum can be used with the stock folded or extended.



These groups, fired from a rest from 100 yards, measured 2 1/8 inches and about 3 1/2 inches.



flip-up night sights for use of the gun in darkness and low light conditions.

The folding stock model weighs almost 9 pounds with an empty 30-round banana magazine in it. When used with a fully loaded 75-round drum magazine, also made in Yugoslavia and weighing nearly 5 pounds loaded, the total weight of the weapon is almost 13 pounds. While this is on the heavy side for such a firearm, the added weight helps to hold down recoil and muzzle rise. You really notice the difference in muzzle rise when you get to the end of your ammo in the drum magazine.

We incorrectly reported in the July issue, while answering a letter in the Mail Call section, that several U.S. ammunition manufacturers are producing the 7.62 x 39mm cartridge. Actually there appears to be only one or two U.S. firms putting out the 7.62 x 39mm on the commercial market at this writing, although it is becoming more common on the commercial market in the form of surplus communist bloc military ammunition—which is usually corrosive. We understand Rem-

ington will soon be marketing its own non-corrosive brand of this ammo and we suspect more U.S. firms will be producing it in the near future. Mitchell Arms is now importing its own brand of non-corrosive 7.62 x 39mm ammo made in Yugoslavia and this is being distributed nationwide. Ask your gun dealer for it. There is also some good foreign non-corrosive ammo in this caliber around, like the Korean-made PMC brand.

While we tried PMC and other types of this ammo in the test AK-47, we opted for cheaper—but corrosive-communist Chinese military surplus 7.62 x 39mm cartridges for our more extensive firing with the 75-round drum magazine and in accuracy shooting at 100 yards.

First off, just to see how well the drum mag functioned, we emptied a full 75 rounds from it into the soft dirt of a hillside at our local public shooting area, firing from both the hip and shoulder position in rapid fire strings.

All the rounds were expended without any problems whatsoever. There was not a single jam or other malfunction from first



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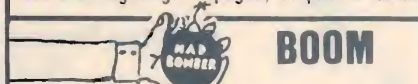
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## AK-47 Accuracy

(Continued from page 37)

round fired to last.

As I said, you *do* feel that recoil as you get near empty with the 75-round drum magazine compared with the felt recoil of firing with the drum nearly full. This cartridge has a lot of "oomph" to it, especially when fired in the shorter barreled AKs (mine is 16¼ inches).

Next we moved to our private shooting range out at Lake Elsinore where we bench rest tested the folding stock AK for accuracy at 100 yards. We used a standard wooden bench as well as a Hoppe's Expert's Bench Rest. We loaded the drum magazine about half full for this testing, still using the Chicom ammo which proved to be very consistent in instrumental velocity.

With an Oehler Model 33 Chronotach measuring bullet velocity at 10 feet from the muzzle, we got an average of 2,335 feet per second velocity with the Chicom ammo. Out tests showed a range of from 2,330 fps to 2,342 fps in velocity—quite good, we thought.

With two of us testing the gun for accuracy, we were surprised at how uniform our shooting was and how inherently accurate this gun is.

Each of us shot a few inches to the right of the center of the target. Associate Editor Bud Lang shot a few inches low and to the right of the bull's-eye and I shot a few inches high and to the right of the bull's-eye. Our shooting yielded four-shot groups at 100 yards that measured 2 1/8 inches (Bud's group) and about 3 1/2 inches (mine). We thought such shooting was outstanding for a weapon like this with iron sights.

Very good for 100 yards from this weapon!

The standard AK-47s marketed by Mitchell do not have rear sights adjustable for windage. However, you can buy the Mitchell heavy barrel RPK-47 rear sight, which does have a windage adjustment, for about \$150 and mount it on your stock Mitchell Yugoslav AK-47. For now, I'm satisfied with just adjusting my aim.

We did have some wild shots which we attributed to a rather creepy trigger pull, an estimated 8 to 10 pounds (we've misplaced our trigger gauge). We felt the trigger on this gun is both good and bad. It's good in the sense that let-off is excellent. When you pull back on the trigger, the sear disengages when you least expect it, which is as it should be. If a sear is rough, or does not function smoothly, let-off will not occur in a like manner each time you fire the gun, impairing accuracy. The bad of this system is that as the trigger is being pulled, or squeezed, it is intermittently rough; it drags for a bit, then is smooth, then seems to drag again. It's possible that when your trigger pull comes off

(Continued on page 71)

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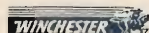
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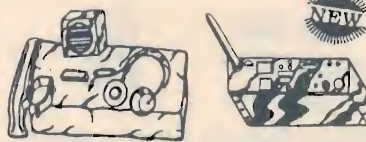
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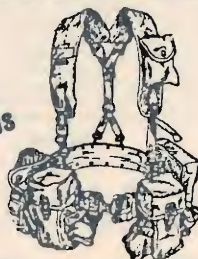
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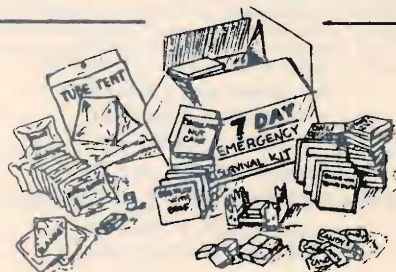
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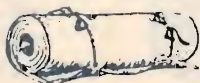
This bag is rated to 10 degrees F. with 40 ounces of crushed down and waterfowl feathers. These are all dry cleaned and repaired where necessary. If you need bags for camping, hunting, or for emergency you will not go wrong with this bag. #8033

**\$ 38.95 + 4.50 S&H**

**2 Bags \$ 79.95 ppd.**

G.I. Cover for Mountain Bag: Fully wraps the bag and keeps moisture away from the down. A must in wet weather. #8034

**\$ 6.95 ppd.**



### Current Issue Sleeping Pad Keeps Cold And Moisture Out!

This is current use high density sleeping pad being used today. 3/8" thick, 24" wide, and 72" long, it will keep out cold, moisture and even smooths out some rocks and holes. Includes attached straps for easy rolling for carrying. Selling in stores for up to \$11.95. #8028

**\$ 8.50 + 2.00 S&H**

**3 Pads \$ 27.00 ppd. 48 states**

### Pack, Frame, Bag, & Pad Genuine G.I. Issue SPECIAL COMBO OFFER

Here's a combination special you won't want to pass up. One each LC1 pack and frame, G.I. mountain bag with new cover, and moisture proof sleeping pad. Buy the set and save. #C/8035

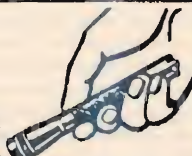
**\$ 85.00 + 6.00 S&H**

### MAG-LITE MINI-MAG

High Quality aluminum light that is only 5 1/2" long and 3/4" in diameter. The 1" head contains a bright Krypton bulb that can be focused from bright spot to flood. Uses 2 AA batteries (not included).

**Special \$ 12.95 + 1.75 S&H**

**2 for \$ 19.95 + 2.00 S&H**



### Protect Your Valuables Unbreakable, Waterproof, Airproof Carrying Case - Save 75%

In rummaging around a supplier's stock we found just 222 of one of the finest ammo cases we have seen. Made of the same material as our expensive "Pelican" cases but much thicker, these cans were made to ship explosive 25mm cannon projectiles. To test the sturdiness we ran one of our trucks over a case without any signs of damage. The cases are 15" x 14" x 6" outside and about an inch smaller all around inside. They open on two ends. Neoprene gaskets make sure they are air and water tight. Has sturdy carrying handles on both ends and is made to stack well. Limited to the 222 cases. #3139

**Ammo Can Carrying Case**

**\$ 17.50 + 5.00 S&H**

**Special 3 Cases**

**\$ 47.50 ppd. 48 states**

### 50 Hour Clear Glass Emergency Candle



Here is a new candle for your emergency supply. The clear glass open-top container means more light as the candle burns down. About 2" in diameter and 4" high makes carrying easy. Same special wax as in our metal can candles insures complete burn to the last drop of wax. #4306

**Special Case of 12**

**\$ 18.00 + 4.95 S&H**

**2 Cases (24 Candles)**

**\$ 42.00 ppd. 48 states**

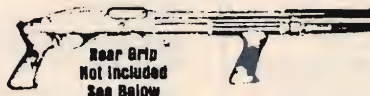


### Sentry Supreme Fire Safe Security Safe

Only chest of its size fire rated by Underwriter's Laboratories. Provides one-half hour resistance to heat of 1580 degrees F. Protects five times longer than gypsum lined steel boxes. Outside measure 6 1/2" x 14 1/2" x 10 1/2". Includes key lock and carrying handle. #6040

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**2 Safes \$ 100.00 ppd.**



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**Special \$ 25.00 + 2.00 S&H**

**2 for \$ 49.00 ppd.**



### 'Save Your Life' Survival Belt

Velcro® closure opens the length of the nylon belt which contains the hermetically sealed survival products, including space blanket, waterproof matches, a solar still for collecting water, a subsistence food product containing vitamins, mineral tablets and bran wafers designed to keep you alive for six to twelve days and instructions. The water resistant buckle contains a compass protected by a detachable stainless steel signal mirror. One edge of the mirror can also be used as a cutting tool. Belt weighs only 7 oz. and will fit through all standard belt loops. Available in camo or blaze orange. Please indicate size and color when ordering. #2605

**Special \$ 26.95 + 2.00 S&H**

**2 Belts \$ 50.00 ppd. 48 states**



### Heavy Duty Hoist AVAILABLE AGAIN

A few years ago we carried an excellent heavy duty hoist. Thousands were sold until we were unable to obtain any more. Once again we've found a supply. A 2000 pound test hoist with 65 feet of polypropylene rope, heavy-duty steel pulleys and hardware with a 7 to 1 lifting ratio, all assembled and ready to use. An absolute must for all outdoorsmen and a price you can't pass up. Great for moving fallen trees, lifting big game, and much, much more. #9915

**Special \$ 8.95 + 1.50 S&H**

**2 Hoists \$ 18.00 ppd. 48 states**



### THE PUMP

THE PUMP will transfer, pump or spray about a gallon a minute without any electricity or batteries. The important thing to remember is that one pump should not be used to pump or siphon gas and then be used for pumping your drinking water. THE PUMP weighs less than 2 lbs., is 12" long, 6" wide and only 1" thick. It comes with two hoses, spray attachment and instruction. #4055 reg. \$ 24.50 + S&H

**Special \$ 16.95 + 2.00 S&H**

**2 Pumps \$ 29.95 + 2.50 S&H**

### NEW LATEST



### G.I. Issue BDU

This is the current battle dress uniform being issued to the army. It includes the reduced I.R. profile material of 50% nylon and 50% cotton. The Shirt features four large pockets and reinforced elbows. The Pant has six pockets including two large cargo pockets on the leg. Also includes reinforced seat and knees. These are not "made to military spec" BDUs, but actual issue items. We have all sizes from XS to LXL, so include waist, length, height and chest size for closest military fit.

**Shirt #0310 \$ 24.50 + 2.00 S&H**

**Pant #0311 \$ 25.00 + 2.00 S&H**

**Set with Shirt & Pants #0312**

**\$ 42.50 + 2.00 S&H**

**Set with Shirt and 2 pair of Pants**

**#0313 \$ 66.00 + 3.00 S&H**







## Nitro-Pack:



**S**AFE drinking water for emergency conditions, even in small amounts, is one of the most important storage items you can have, be it in your home, car, boat, pack or whatever.

Nitro-Pak Storage Food & Supplies is offering purified emergency water retorts in 4.227 fluid ounce (125 ml.) pouches.

# Retort Water

*Emergency drinking water in small foil pouches . . .*

### Staff Report

Twelve pouches sell for \$5.95 plus \$2.75 shipping and handling or a case of 64 for \$24.95 plus \$9.50 shipping and handling. Case size is only 9 by 13½ by 6 inches, weighing 19 lbs. Recommended daily ration of water is four pouches per person with a minimum of two pouches per day. Chances are you'd need much more than that, however.

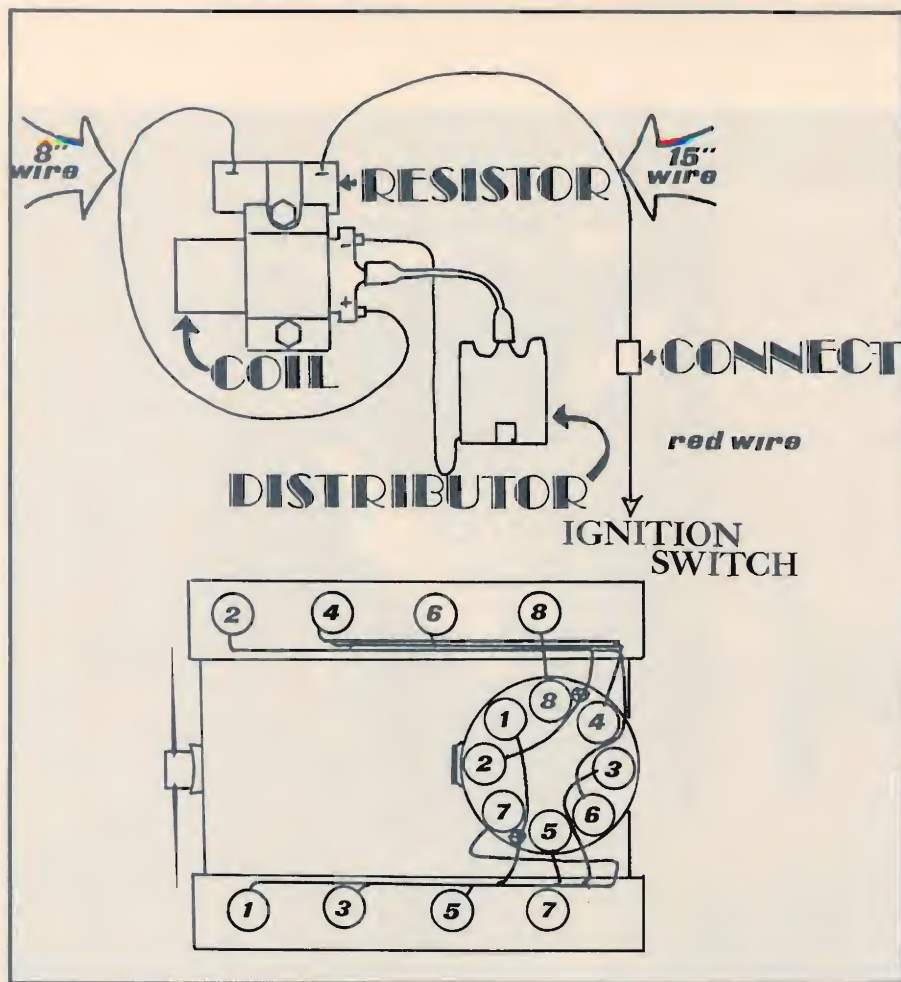
Every lot of these water retorts is tested and submitted to the government for approval. Each pouch is identified by its U.S. Coast Guard approval number along with the month and year of production. Each pouch contains multi-filtered, puri-

fied water which offers safe drinking water for any occasion in a triple-layered retort foil pouch. These are perfect short-term water rations for car kits, storage/survival supplies, boaters, RVers, police departments, desert patrols, caches, civil defense.

For more information or ordering contact Nitro-Pak Storage Foods & Supplies, Dept. ASG, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; (213) 929-4705. Nitro-Pak carries a 30-day satisfaction guarantee. Send \$1 for a complete catalog of storage foods and supplies available. ●







LEFT — Wiring diagram.

apply only to the 1976 GMC V8 350. If your truck is not a 1976 GMC V8 seek competent advice before attempting this project.

1. Read ALL instructions THREE TIMES.

2. Steam clean engine.

3. Pull spark plugs, flat file electrodes, gap to 0.035-inch and install them.

4. Buy these parts for a 1974 GMC V8 350: distributor with cap and rotor, coil bracket, coil, resistor block, and spark plug wires; also a roll of #12 insulated wire and some connectors.

5. Cut an 8-inch and a 15-inch piece of #12 wire. Attach connectors. Connect wires to "+" side of coil, and to resistor block.

6. Number the receptacles in the distributor cap.

7. Remove the air cleaner assembly.

8. Disconnect the NEG battery cable from the alternator bracket. Tape it to a heater hose.

9. Cut the red wire at a point about 3 inches from HEI distributor.

10. Remove spark plug wires and HEI distributor cap.

11. Note position of rotor. If rotor points to 3 o'clock, write down "Rotor to 3 o'clock."

12. Disconnect the vacuum advance hose from the distributor. Plug the vacuum advance hose.

13. Loosen hold-down bolt and remove HEI distributor.

14. Install points-type distributor. Take care that the rotor points the same way as before.

15. Finger tighten hold-down bolt. (You will need to turn distributor by hand.)

16. Install distributor cap and spark plug wires.

17. Install coil bracket, coil and resistor block on firewall. Connect long wire from bottom of distributor to "-" side of coil. Connect wire from center of coil to center receptacle of distributor cap.

18. Connect 15-inch wire to red wire.

19. Reconnect NEG battery cable to ground on alternator bracket.

20. Attach Dwell-Tach meter. Red to "-" side of coil. Black to ground.

21. Open window in distributor cap. Insert Allen wrench in points-adjustment knob.

22. With starter turning engine, or engine idling, turn Allen wrench to set Dwell to 30. (Book specs 29 to 31.)

23. To set timing: with engine idling, turn distributor CCW to attain max idle RPM, then CW to a point 200 less than max.

24. Tighten distributor hold-down bolt. Remove Dwell-Tach meter. Unplug and reconnect vacuum advance hose to distributor. Test drive.

25. If your engine lacks power, or "pings" or "rattles" on acceleration,

## Conversion:

# EMP Resistant GMC

*One man's idea for making his 1976 GMC 350 truck less vulnerable to nuclear attack . . .*

By Don Cable

**A**N electromagnetic pulse (EMP) nuclear attack will ruin the HEI ignition in your 1975 or newer GMC/Chevy truck.

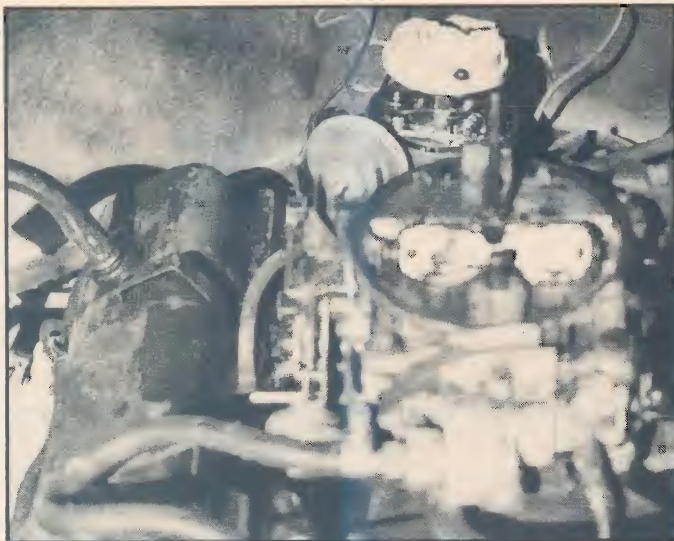
If you know the National Guard and Red Cross will save you and hand out coffee, doughnuts, blankets and sympathy

—stop here. You don't need my advice.

I am no expert on anything—just an old "shade tree" mechanic. Yet I changed my 1976 GMC V8 350 (K25 4WD PU) from HEI to points-type ignition in an afternoon.

PLEASE NOTE: These instructions





repeat step 23. . . but this time set idle RPM at a point 300 RPM below max. Then repeat step 24.

26. If your timing is still not right, seek help.

This method of timing works for my truck at 5,000 feet above sea level.

I sincerely hope we will never undergo an EMP attack . . . but just because you are paranoid does not mean they are not out to get you. ●

ABOVE — Note position of rotor.

ABOVE RIGHT — Disconnect NEG battery cable from alternator bracket. Tape it to heater hoses.

RIGHT — Set dwell to 30.



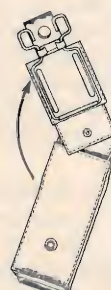
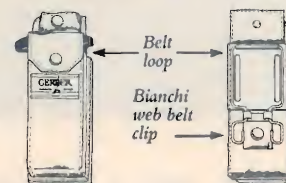
# The PARABELLUM™ A massive 2 in 1 Bolt-Action®

This 2 in 1 knife/sheath combination has been engineered to be carried with the blade locked open or in its folded position. Designed by Blackie Collins and manufactured in the U.S.A., we know of no other combination like it in the world. Gerber's patented deadbolt style locking mechanism can easily be closed with one hand, but gives the confidence and strength of a fixed blade design.

While the Parabellum is an excellent all purpose knife, its rugged design, compactness and light weight make it convenient to carry backpacking or hunting.



Knife shown half size.



Swivel sheath to carry in open position.

## PARABELLUM

#7028 4 1/4" drop-point blade.  
Rockwell hardness, c57-59. Length open, 9 1/2";  
closed, 5 1/4". Blade thickness, .175".  
Weight, 6.5 oz. Cordura sheath included.

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Stretching:

# Tiger Moves

*A unique exercise system . . .*

By John McSweeney



**H**OW does a tiger develop his strength? His strike is so powerful it can tear the head off a man. He doesn't lift weights, work Nautilus machines, perform calisthenics or aerobics and he doesn't jog. In fact, he scorns any planned exercise routine and runs only to catch food. Why is he so strong?

His training system is so simple and so superior to humans' complicated body-building methods it makes one pause to wonder: does the tiger and indeed the entire animal kingdom, with the exception

of man, follow some natural law which builds and maintains strength? Has the left brain-oriented human forgotten or rejected his animal nature? He can send spacecraft through the heavens but he has problems taking care of his body.

He spends hours pumping iron, tugging at pulleys, running, doing aerobics or calisthenics in an attempt to look good, to keep in shape, to be strong and healthy. He has a certain amount of success but his methods have three main flaws: 1. They harm his joints, his bones and his vascular

ABOVE — With each exercise, do as instructed with the Barrel Squeeze and move slowly with great tension, breathe using both nose and mouth, inhaling on the way back (or up) and exhaling on the way forward (or down), and repeat each move 24 times.

system. 2. They are highly inefficient. 3. They dissipate energy.

The tiger, on the other hand, follows a training system which does no harm to his body, is highly efficient, conserves energy and to top it all, is very simple. What does he do? Nothing more than *stretching with great tension* every time he changes posture. The household cat, distant relative of the tiger, does the same thing.





Fig. 2A



Fig. 2B



Fig. 2C

ABOVE — Barrel Squeeze — Bend left knee, keep back straight. Hold hands in front, palms facing. Bring hands back slowly, using great tension, until back muscles are fully flexed. Hold this position for a count of one, then move the hands forward slowly and with tension until the palms face each other. Hold this position for a count of one and then repeat the entire procedure. Be sure arms remain parallel to the floor. The shoulders should be held naturally and not lifted. Breathe using both nose and mouth, breathing in on the way back and out on the way forward. Repeat this move 24 times. Feel the pectoral (chest) muscles working.



Fig. 3A

Watch it stretch when it lies down or gets up; the tension is so great its limbs quiver. It doesn't just do this on an occasional basis nor on the other hand, does it set aside a certain time for exercise.

Instead, the cat exercises constantly and continually but only when changing posture. It is as if it follows a natural law which causes it to stretch regularly. And what a stretch it is! The movement is so powerful it actually *builds* muscles. This is no ordinary, yawning-type of stretch used by man; no, this stretch is something different, something which comes from the very center of one's being. It reflects some inner power source which can be tapped to build muscles.

It does not overbuild, a common prob-

lem with weight lifters whose musculature is often out of proportion; instead the tiger-move system of stretching with great tension produces a well-proportioned physique as well as great strength and good health. It also fights the aging process by increasing blood flow through the smallest capillaries, such as those located in the skin of the face.

The tiger moves I teach in my Elmhurst, Illinois, karate school come out of Kung-Fu tension exercises (Fig. 1). I altered the ancient moves which had a limited range of movement to moves which covered a full range of motion, allowing complete expansion and contraction of the opposing muscle structure. The four basic moves are described fully in the illustrations. They

LEFT, BELOW LEFT, CENTER AND RIGHT — Shoulder Roll — Stand in horse stance, both knees bent, back straight. Start with hands in fists, both arms across chest. Roll shoulders back until back muscles are flexed. Roll shoulders forward until arms cross chest. Keep forearms parallel to the ground and keep shoulders low, not lifted. Feel the deltoid (shoulder) muscles working.



Fig. 3B



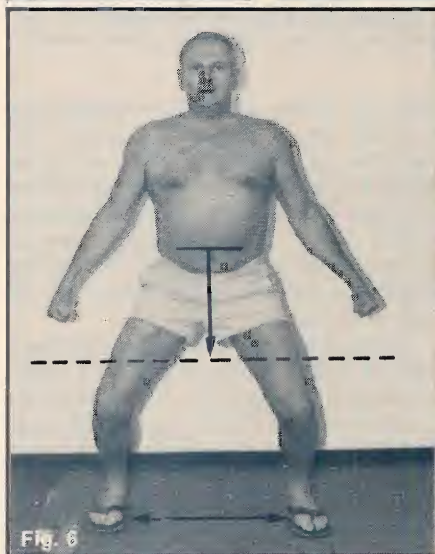
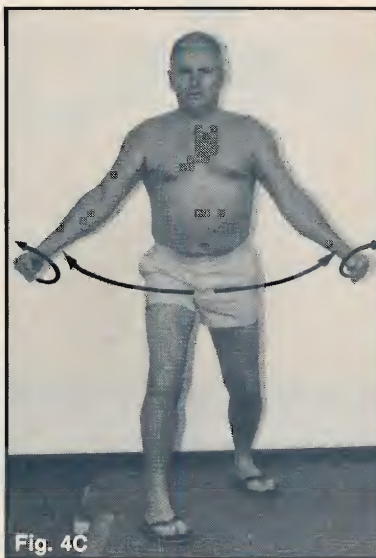
Fig. 3C



Fig. 3D



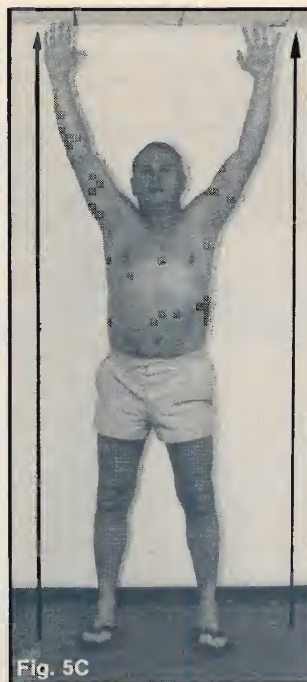
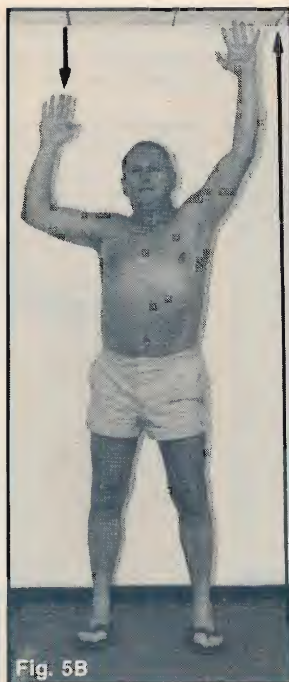
## Tiger Moves



ABOVE FAR LEFT, CENTER AND RIGHT — Wrist Twist — Bend right knee, keep back straight. Hold arms in front, close to body with fists turned in. Rotate arms back turning the fists gradually until they turn out. Flex back muscles and then rotate arms forward to starting position, turning the fists gradually until they turn in completely. Keep arms down and close in to the body during the entire movement. Feel the triceps (upper arm) working.

LEFT — Knee-bends strengthen leg muscles and knee joints. Bend half way only, since deep bends harm the knee joints. Be sure to maintain great tension while bending.

BELOW LEFT, CENTER AND RIGHT — High Reach — Stand with feet apart, both arms held straight up. Reach as high as possible with one arm at a time, the other arm moving down slightly each time. After 24 "reaches" hold both arms straight up and rigid for a count of 10. Breathe in and out on each count.



are: 1. Barrel Squeeze (Fig. 2); 2. Shoulder Roll (Fig. 3); 3. Wrist Twist (Fig. 4); 4. High Reach (Fig. 5).

These four moves develop and maintain muscles in the arms and upper body. To develop the legs and stomach muscles I recommend long walks, swimming or bicycling but only if done at a moderate pace to minimize strain. Another leg developer is knee-bends which strengthen leg muscles and knee joints. Bend half way only, since deep bends harm the knee joints. Be sure to maintain great tension while bending (Fig. 6).

Perform the tiger moves every day with 24 repetitions for each move. Vary the amount of tension until the amount feels comfortable. If you use only a small amount you will maintain tone but not *build* muscle. Too much tension can pull tendons and ligaments and can also cause headaches. After a few weeks you will know instinctively how much tension to apply. A sufficient amount of tension will develop the muscle fibers just as much as weight lifting, although the process takes longer. Weight lifting uses *external resistance* to build muscles; Tiger moves use *internal force*.

Since tiger moves require no gym or equipment they are an ideal exercise system for anyone interested in the survival movement or indeed for anyone interested in just plain surviving! So for a fine physique resembling that of a well-conditioned boxer, (male) or gymnast (female) perform tiger moves every day. The benefits will far outweigh the effort. ●



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## U.S. Army In Germany:



421st Medical Company air ambulance UH-60A Black Hawk rushes exercise "casualties" to Army 97th General Hospital, Frankfurt, as part of "Central Guardian" war games.

# Medical Evacuation

*Emergencies handled by the 421st (air ambulance) Medical Company . . .*

By Richard Bocklet

**A**T 7:55 a.m. the emergency call came in. The dreaded had happened. A bomb explosion at Frankfurt's Rhein Main Airport had caused bloody havoc. The dazed and injured persons had to be moved—fast. A medical air ambulance crew checked weather conditions and filed a flight plan. Then its 25-foot chopper blades whizzed into the early morning air.

Among the multiple victims, two military dependents with severe and multiple head injuries had to be rushed to waiting teams of neurosurgeons at the nearby 97th General Hospital. The quickest and safest route was by air. Within minutes, the un-

conscious patients were on-loaded with an accompanying doctor and nurse and en route to treatment facilities.

During the flight, trauma care was provided and vital signs closely monitored. Not a minute was lost as medical personnel busied themselves maintaining airways, providing oxygen, starting IVs, stopping bleeding and changing bandages. Meanwhile, pilot and co-pilot carefully followed a 500-foot low and steady altitude to comfort the patients. Such close-to-the-earth flying aids the blood flow, produces less pressure on the inner ear, while allowing only a minimum of gas expansion.

As the hospital helipad came into sight, they carefully edged the chopper down. Moments after touching ground, teams of medics quickly off-loaded the patients, wisking them to the Operating Room. After the minutes of anxious yet controlled flight, the Pilot, Capt. Michael Mokri, and his three-man crew breathed a collective sigh of relief.

"Our mission is to move the sick and wounded, and needed doctors and other medical personnel to and from the field or from one hospital to another. We also transport whole blood and biologicals and medical supplies to meet critical needs," explained Capt. Mokri. "During field operations, we assist mobile Combat Support Hospitals by flying their equipment and sling-loading their big blow-up tents out again.

"Although we're in peacetime, today's mission," he continued, "is a typical wartime activity—moving critically injured personnel to appropriate medical facilities. En route, we provide life-sustaining care and make crucial decisions. Like often done in Vietnam, if we judged that the seriousness of the patient's condition required a more specialized care facility, we'd overfly the initial landing site."

Capt. Mokri's chopper is one component of "Dustoff Europe"—fleets of air evacuation ambulances constituting an



important link in the continental medical care chain. A number of the crewmen earned their wings and name by "dusting off" take-off and landing sites during the Vietnam War in work-horse, UH-1 Huey helicopters. Although today many fly sleek, new UH-60 Black Hawks, the mission, medical rescue expertise and dedication to health service remains essentially the same.

For two-and-a-half years, Capt. Mokri has served as Operations Officer, 4th Platoon, 421st Medical Company (Air Evacuation), based at Damstadt Army Airfield, Germany. The entire Company has 49 aircraft ready to go—25 ultra-modern Black Hawks and 24 vintage Hueys, with the goal of 100 percent UH-60s in about a year's time.

"Comparing a Black Hawk to a Huey is like comparing a Cadillac to a Volkswagen," Capt. Mokri declared. "Now we can move 14 people vs. eight, and carry a sling-load of 8,000 lbs. vs. 4,000 lbs. at 140 knots to the Huey's 100 knots. We're more crash survivable and everything has backups—two engines, three hydraulic systems and three electrical systems. Importantly, the new construction spells a smoother ride for patients, sometimes even more comfortable than travelling by a land ambulance.

"Flying in icy clouds here in Germany is a frequent occurrence," he continued. "The Black Hawk has de-icing capability, which its predecessor didn't. The Huey's couldn't pick up the big, mobile hospitals, while we sling-load the 5,000- to 7,700-lb. Mobile Unit Self-Transportables (MUSTs) around the battlefield with ease. This means valuable time and possibly lives saved by avoiding the longer ground transportation route."

The air evacuation crews are on duty 24 hours a day, 365 days a year. When not at the base, the men are contacted by beeper. Usually they can reach the field and be ready for lift-off within 30 minutes.



Medics from the 32nd Combat Support Hospital deliver Central Guardian exercise "casualties" to a Black Hawk medical evacuation helicopter of the 421st Medical Company at Bad Hersfeld.

Only one thing can stop a flight—heavy weather. Although advanced instrumentation permits inclement weather flying, a landing field must be visible to safely put down. Before the take-off, climatic conditions must be checked. The Army requires a daytime minimum ceiling of 500 feet and 800 meters visibility. At night, 1,800 meters is needed.

**Categories Of Priority**—When time is of the essence, aeromedical evacuation is called in. There are three categories of precedence. "Urgent" patients must be delivered to a proper treatment facility within two hours or risk losing life, limb or eyesight. "Priority" cases extend to four hours and "routine" must be transported within 24 hours. Swiftess doesn't mean scaling down on in-transit facilities. The whirly birds carry the same instrumentation as land ambulances together with an on-board medic.

Sgt. Jewel V. Johnson is a 421st flight medical attendant. After five years of ambulance work, she transferred to air evacuation. Her formal training consisted of an eight-week basic medic course followed by a two-week specialized instruction at the Health Services Academy, at Ft. Sam Houston, Texas. "I'm qualified in loading and unloading patients, monitoring and treating them in flight," she declared. "Most of our patients are stabilized when we get them but there are always emergency cases. We can provide oxygen, suction to clear blood from the lungs, insert endotracheal tubes to open airways for easier breathing as well as bandage, and splint patients or, for back injuries, apply the 'bean bag' or pneumatic body cast.

"Because of our military mission," Sgt. Johnson continued, "we're expected to

offer more extensive on-board treatment than our civilian counterparts. That means stabilizing patients with life-threatening injuries like head wounds, with profuse bleeding, vomiting, collapsed lungs and unsteady vital signs. I remember one case where a female soldier received a bad head injury at the carnival at Rhein Main Air Force Base. We choppered her to Landstuhl Army Hospital for immediate treatment. En route we made her as comfortable as possible even flying real low to minimize ear pressure. I can't follow up on all emergencies, but I did learn she pulled through and is doing well."

In another case, 421st-ers responded to an emergency call regarding soldiers injured when their jeep flipped over on the way to a field training exercise. The chopper crew whisked them to Bad Cannstatt Hospital for treatment. An hour later after stabilization, one with a head injury needed more specialized attention. The crew was called again to transport him to an intensive care facility.

"In our business, emergencies are everyday occurrences," declared Capt. Mokri. "Yesterday, for example, we speeded an Army doctor from Landstuhl Hospital to Frankfurt's 97th General for a vital operation on a baby. Or, we may get a call a certain blood type is vitally needed from point A to point B. So, many of our missions could be classified as life saving."

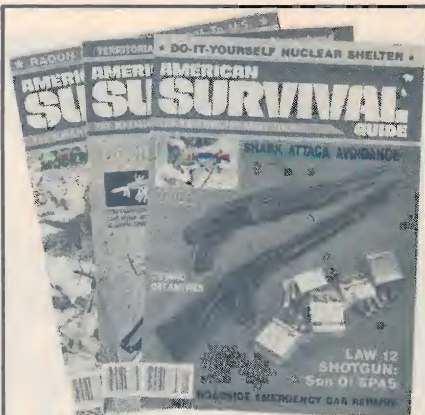
While the 421st's primary mission is military evacuation, it also recognizes responsibility to the host country. "We got a request from the liaison at the Joint Rescue Coordination Center, at Goch," explained Capt. Mokri, "that a hospitalized civilian needed transportation to another facility for more specialized treatment. We don't question their assessment

(Continued on page 52)



A Black Hawk helicopter transports sections of "MUST" hospital equipment.





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Apr '83	Oct '85
May '83	Nov '85
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## Medical Evacuation

of the situation, just respond as quickly as possible. Such hospital-to-hospital transfers are also done with German doctors and medical supplies.

"As well," Capt. Mokri continued, "we get polizei emergency requests when weather conditions or darkness restrict the German single-engine rescue helicopters. For example, a cyclist ran into a truck right outside our gate. Suffering head injuries and profuse bleeding, he was ambulated to our airfield by local authorities. We then flew him to Landstuhl Army Hospital, renowned for their neuro-surgical expertise."

In another instance, 421st-ers responded to a victim of an industrial accident whose hand had been severed. Brought to a small medical facility, he had to be urgently transferred to a bigger hospital. Within minutes, Medevac delivered him to waiting specialists and his hand was saved.

Company Platoon leader Major Jerry D. Beene, with seven years in Army Aviation and 16 years in the service, explained how one joins his special unit. "Although not always possible, we want only those really interested in medical evacuation. Once accepted, all attend the 'Essential Medical

Training for Aviators' course at Ft. Sam Houston. While both pilots are needed to fly the Black Hawk, they do have to make important medical decisions regarding their passengers' welfare. So this job requires pilots with an extra dimension.

"Some say choppers needn't be dedicated solely to air evacuation missions," he continued. "Rather, as needed, they should move everything from beans to bullets. While the aviation person has his mission, I don't feel he could do ours just as well. I think dedicated air evacuation assets are just as important as vehicles being used only as ambulances."

While most military assets serve largely a defensive purpose, the Major stressed air evacuation has a dual role. "We have excellent relations with our neighbors and they don't hesitate to call when assistance is needed. We fly everybody from American soldiers, dependents, Department of Defense civilians, to German, French and Belgian nationals from both military and civilian ranks. We're doing our good neighbor tasks regularly and people realize and appreciate that. And meanwhile, we accomplish our real-life mission every day. We're here, we're ready." ●



An air ambulance UH-60 being loaded aboard Military Airlift Command cargo transport plane.



## Ancient, Modern Methods:



It took thousands of years for food preservation techniques to reach the point today where the excellent MREs (meals ready to eat) are produced.

our primitive relatives linked the eating of spoiled food with illness, and through a combination of intelligence and chance, started learning how to preserve food when it was in abundant supply, so they could survive when it was not.

Like those we use today, early food preservation techniques utilized extremes of cold and heat. The high temperatures generated by fire destroy most causes of putrefaction and botulism. Cold, whether generated by an Ice Age cave or modern refrigeration, slows the production of enzymes that ripen foods, and delays the growth of the bacteria and Fungi that cause them to spoil. Freezing kills some harmful organisms, and renders the rest dormant (almost) until thawed, when they reanimate with an increased rate of growth. It was not until French chemist Louis Pasteur identified disease producing microorganisms in the mid-1800s, that we began to understand why extreme heat and cold extend the keeping ability of foods.

Since removing water from food cells makes them incapable of supporting the parasitic bacteria found in all animal and vegetable matter, exposing meat to the drying effects of wind and heat after beating it with rocks to extract the juices, will preserve it.

Salting was preferred to drying for many foods, particularly meat and fish, as it produced a much more palatable product. Salt secured by boiling down the brine from salt springs, evaporating sea water, or mining the rock-like residue of ancient

# Food Storage, Ice Age to Space Age

*Expanding your knowledge of food preservation methods will improve your ability to prepare and survive . . .*

By Bob Seese

**F**ROM the primitive hunters and foragers that roamed our planet to astronauts embarking on the great exploratory adventure of space, the need for nourishment is a common thread woven through the chronology of events.

At first, our ancient ancestors ate only small animals, insects, and grubs. Gradually, they learned to hunt large game, and to gather and eventually cultivate more food than even an entire tribe could consume before insects and microorganisms caused it to rot and decay. At some point



MREs taste best when heated but still won't likely win any awards for culinary excellence. Yet hot or cold, they provide enough nutrients to keep you going in an emergency situation.



## Food Storage

seas, was used to cure food by burying it in a bed of salt or immersing it in a strong solution of salt and water, the time-honored test being to add salt until an egg will float.

Salt permeates food and "binds" the natural liquids to achieve keeping properties similar to drying.

We can only guess at what point, and how, other food preservation procedures were discovered. Using fire in the drying process probably resulted in smoking, which achieves a dehydrating effect like drying while adding a distinctive flavor and the preservatives (formaldehyde and creosote) found in smoke. It was perhaps the discovery of a forgotten container of meat and broth that caused an early cook to realize congealed fat forms an airtight seal that will slow the spoiling of cooked meat. Through experimentation or accident, it was learned that cooked food stored in a vinegar solution will keep longer, that sugar has a preserving effect when cooked with foods in sufficient quantity, and that the forming or fermentation of certain fungi (molds and yeasts) helps some foods keep longer. These early preservation methods were even used to produce what we might identify as "convenience" or "survival" foods.

Most of the very early attempts to make foods to be consumed while hunting or traveling involved salting or drying. For example, Marco Polo recorded how the nomadic Mongols of central Asia boiled milk, skimmed the cream for butter, and put what remained in the sun until it dried and could be made into a powder. Other early "traveler's foods" included various concoctions of oil, tea, butter, and meats; a glue-like bouillon derived from cooked-down meat trimmings; the infamous flour and water hardtack used as early field and sea rations; and the dried cornmeal "Johnnycake" favored by Ameri-



French chemist Louis Pasteur identified disease producing microorganisms in the 19th century. This ad by a manufacturer of paper containers for dairy products calls Pasteur "the man who made life safer for children," referring to the process of pasteurizing milk.

can pioneers on their treks west.

One early traveler's food that is still popular today, but in a more refined form, is pemmican. The original North American Cree Indian recipe for which pemmican is named, calls for a mixture of shredded dried meat, melted fat, bone marrow, and wild cherries, to be preserved and made portable by sewing it in rawhide sacks sealed with tallow.

Prior to the preservation and packaging advancements of the last 100 years, food in any form was particularly susceptible to the damp storage conditions on sailing vessels. After just a few weeks at sea, the standard seaman's fare consisted of salted meat and hard biscuits that were laced with weevils and worms, complemented by foul water, sour beer, and rancid butter. If all that wasn't bad enough, much of the time the stuff couldn't even be heated, because in rough seas the cooks' stoves on wooden ships were a terrible fire hazard. It was a diet so lacking in vitamin C that it produced a disease ships' physicians did not understand, but called scurvy. Even when it was determined that fresh greens and citrus prevented the disease, it was many decades before the ships' owners and admiralties of most countries decided the health of their sailors was worth the expense and inconvenience of providing fresh foods aboard ship.

**Industrialized Methods**—This brings the story of food preservation to the point where industrialized methods start. While these procedures would be difficult to

duplicate in even a long-term survival situation, broadly understanding the development of current food preservation techniques will be of assistance in planning the nutritional portion of your contingency preparations for survival, and in assuring that no emergency, no matter how long in duration, will prevent you from maintaining a food supply.

The experimentation that produced history's single most important advancement in food preservation, the one that would do the most towards feeding a changing world, was motivated by war. The Industrial Revolution that started in Europe around 1800 resulted in much of the population being concentrated in the cramped towns that sprang up around new factories. Since individual gardens were no longer possible, the formerly self-sufficient populace became dependent on local markets supplied by the establishment of larger and more specialized farms. Napoleon Bonaparte, his bold expansion of the French empire into new and fertile lands having allowed him to proclaim himself emperor of France, was at the zenith of his power. In anticipation of sending his troops smashing over the borders of even more countries, and having lost more men to malnutrition than battle in previous campaigns, Napoleon offered a reward to entice the development of new ways to feed his soldiers in the field. Following several years of experimentation, French confectioner Francois Appert was awarded the prize in 1809.

Under Appert's process, meats and



An ice box manufacturer states in this 1920s magazine ad for an early refrigerator that it is built on scientific principles that will cut home ice bills.



vegetables were cooked in open kettles and placed in cork-sealed glass containers which were reheated in boiling water. Appert believed it was the expulsion of air prior to sealing that preserved the food, when in reality it was the heat used to drive the air out. A few years later, an Englishman named Peter Duran patented a tin-plated metal canister to be used with the Appert canning method. After filling and reheating, the cans were sealed by soldering a metal disk over the open end.

Canning, as it started being called, was introduced in the United States around 1812. The metal containers were made by hand, and even a skilled tinsmith had a tough time turning out more than about 50 cans a day. Not only were early canned goods expensive and scarce, they were unstable and unappetizing. The canning procedures of that day required that the foods be boiled to the point they retained very little taste, and had a greatly diminished nutritional value. Further, the basic process and the conditions under which it was carried out, did not guarantee a contamination-free product. It was not at all unusual to open a can and find a putrefied mess.

Around 1850, John Landis Mason introduced a self-sealing jar and lid combination that made home canning popular, especially in more rural America. Except for a lighter container and lid, plus the use of some additives to improve appearance, home canning remains pretty much as it was 137 years ago; primarily a farm kitchen activity that yields a heavy product in a large fragile container that can be influenced by light and temperature.

In the mid-1800s, commercial canners started adding calcium chloride to raise the temperature of the sterilizing bath above the boiling point. This improved sterilization combined with a reduced cooking time, resulted in more dependable and better tasting canned foods. There was similar progress in the machinery used to make cans, to harvest and process food, and to transport canned foodstuffs to market, all advancements which during the Civil War made the industrialized North much more capable of feeding an army, and aided their defeat of the South. Improvements like processing with pressurized steam, and new ways of lining and sealing cans continued right up to World War 2 when the military need for cans and the materials used to make them forced many food packers back to glass containers for the duration. Today, aluminum cans and plastic coated thin steel cans have all but replaced the "tin-can," and most canning is now carried out in an atmospheric pressure controlled environment where food is "flash sterilized" without boiling.

(Continued on page 77)

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Survival Vehicle:

# Land Rover

*Transportation in the worst of situations . . .*

By James R. Allen

**T**HE WORD "survival" has different meanings for different people. For some, survival means getting away from the nerve jarring city life for a couple of days to relax. For others, it means staying alive in the face of a total disaster. If you fit either of these two categories or fall somewhere in between, you should consider the Land Rover as a good bet for transportation in the very worst of any situation.

What are the attributes of the ultimate survival vehicle? It must be rugged and reliable to be able to handle the hard work it will be put to saving your life. It must be adaptable and easy to repair when all you may have is the proverbial "bubblegum and bailing wire." It should be versatile enough to be useful as a mobile power source and fuel efficient to conserve limited supplies of fuel. The Land Rover is all of this and more!



Military version of the new Land Rover 90, not available in the U.S. except on a gray-market basis (Ron Mowry).

Land Rovers are known the world over for their reliability, adaptability and performance. They have been imported by 150 countries and have serviced the militaries of 60 of them, including NATO. Though they have not been officially imported into the United States since 1974, there may be as many as 15,000 of them in North America. We will discuss only these North American models, excepting the ex-military versions that are currently being imported for sale.

The ruggedness of a Rover is legendary. Of the 1.3 million built since 1948, over a

million are still in service. With gas or diesel powerplants, they are designed to produce maximum power at very low rpms. In fact, the most common Land Rover gasoline powerplant, a 2286cc four cylinder, started life as a diesel and many of its parts are interchangeable with the diesel. The ignition system on the gasoline engine is conventional and therefore EMP resistant.

Full floating axles front and rear are an asset, since the vehicle is still operable with a broken axle shaft at the front or rear. The frame of a Land Rover is built of 12



Your basic 109-inch Land Rover. Outfit as you please (Rovers North).



A 109-inch station wagon Land Rover (Domingos Dias).



RIGHT — A simple roof-top camper makes this red 88-inch job into an ideal camping vehicle. Easy to set up and take down, these roof tents are light and inexpensive.

FAR RIGHT — Here is the Taj-Mahal of Land Rovers, the Doormobile Camper. The pop-top conversion was similar to the ones done to VW buses. It sleeps four, two above in the hammocks and two below in bunks made from the seats.



This ancient Series One Land Rover is used by a Paradise, California, farmer to disc his fields, and occasionally as a hunting vehicle.

gauge steel plate, boxed, continuous welded and with as many as seven cross-members. The body is built of corrosion-resistant aluminum alloy with a galvanized steel framework. Most external steel parts are also galvanized. Since Land Rovers are built for agricultural/industrial use, they are up to any task from pulling a plow (the first LRs were designed with plow pulling in mind) to driving one of three power takeoffs available. Land Rovers can run all day driving pumps, sawmills, generators or what-have-you from these power takeoffs.

Land Rovers can climb a 115-degree slope, can be tipped to 30 degrees safely (they have been tested to 45 degrees) without capsizing and can ford water as deep as three feet. Carrying capacity is impressive as well. The short wheelbase can carry 1,450 pounds and the long wheelbase 2,450. Fuel economy is good, with the

four-cylinder short wheelbase delivering between 15 and 20 mpg and the six-cylinder long wheelbase between 13 and 17, all on regular fuel. With a 4,400-pound towing capacity, they can pull all but the largest of trailers.

Sometimes called "the world's most versatile vehicle," Land Rovers have been used for, or converted to, railroad switch engines, fire engines, hovercraft, ambulances, gun platforms, landmine sweeping vehicles, portable generators, portable movie screens, amphibious vehicles, armored cars, campers, towtrucks, tracked vehicles, crop sprayers, garbage trucks, welding shops and, well, the list goes on and on.

The secret lies in the simple, rugged construction and the ability to drive power takeoffs from three locations. In fact, two PTOs can be operated simultaneously if

needed. One of the most ingenious kits being manufactured for Land Rovers is the *Powermate*, by Aeroparts Engineering (Phoenix Works, Commercial Road, Hereford, HR1 2BQ, England). It consists of a permanently attached, PTO-drive hydraulic pump with externally mounted self sealing couplings to which a variety of tools can be attached. *Powermate* can operate a sump pump of 450 gallons per minute capacity, a large auger, a jackhammer, a chainsaw, a long splitter, or an arc welder by simply snapping the hose from which-ever tool you need into the self sealing couplings, firing up the Rover, engaging the PTO and going to work.

**Winches**—There are five types of winches available. One type of drum and cable PTO driven winch, commonly seen on military Land Rovers, drives off the



The 109-inch wheelbase vehicles have much more room to play with as shown by this ex-Royal Air Force long wheelbase 2-door converted into a camper.



ABOVE — A galvanized roof rack atop a Series 3 88-inch will carry everything you can't put inside.



RIGHT — An early Series 2A diesel equipped with 16-inch wheels and a transfer case driven Koenig PTO winch.

front of the engine leaving the transfer case PTO location free for other uses. There is also a capstan type winch that drives off the front of the engine. Similar in operation to anchor capstans on ships, the Land Rover capstan winch gives very precise load control using heavy nylon or hemp rope. *Aeroparts* builds two hydraulically operated winches, one drum and cable type and the other a capstan. Koenig Iron Works of Houston, Texas, built an 8,000-pound, transfer case driven, drum and cable winch for Land Rovers. Warn Industries, of South Kent, Washington, builds electric winches of various capacities that will fit Land Rovers. With the wide variety of winching devices available, you can tailor your winch to meet your specific needs and wants.

Another versatile option is the rear mounted power takeoff, which has either a drum for operating belt driven devices, such as a sawmill, or a splined shaft to which a powered trailer can be attached.

The possibilities for using a Land Rover as a multi-purpose powerhouse are only limited by the imagination and creative building talents of its owner.

From a survival standpoint, the above mentioned features make an attractive package. Now, you might ask, "How can I obtain a Land Rover and what models should I look for?" Or "Where can I obtain parts and accessories?" Fair questions, both.

Land Rovers were imported to the U.S., officially or unofficially, from about 1950 till 1974, when emission regulations and fierce competition made importation here

a silly gesture to a company that had vehicles sold elsewhere months in advance of construction.

Generally speaking, the later vehicles are the best choice for serious use. Vehicles after 1957 are better and the ones built after 1961 are the best. While the early ones were (and still are) fine vehicles, they lack some of the very best features. This really does not restrict you overmuch as the major importation of Land Rovers to this country didn't start until the early 1960s.

There are two wheelbases to select from and about five basic body styles. There are 88-inch and 109-inch wheelbase vehicles



## Land Rover

that share the same basic drivetrain and engine. A 6-cylinder engine was available in the 109-inch models from 1966 till 1972. The 88-inch versions have two body styles, a station wagon and a pickup. The 109s come in 2-door and 4-door station wagon versions plus a pickup. Both the 109 and 88 have either a fold-down tailgate or a side-hinged door. Soft tops can be used on all models.

A good supply of ex-military Land Rovers is available thru Rovers North (Box 61, Rte. 128, Westford, VT 05494, (802) 879-0032). The military versions are available in left- or right-hand drive and feature many extras including, raised heavy-duty suspension, oil cooler, waterproofed ignition and fording kit, high output alternator, reinforced axles and extra fuel capacity. Most of these vehicles have less than 10,000 miles and are reasonably priced. These military Rovers are probably the best bet for an all-out survival rig since they were designed for situations similar to the ones you could face in a total disaster.

Serviceability of an older Land Rover isn't a problem. Every part on them is repairable. While it's true that you can't walk into your neighborhood auto parts store and find a full line of parts, obtaining them isn't tough, with more than 15 major parts outlets in North America. Parts can also be ordered directly from England at very substantial savings. Also, Land Rovers are adaptable enough to make use of many non-standard parts if needed or desired.

Engine conversion kits are available to adapt Perkins diesel, Ford Capri V-6, Ford 289-302 cid V-8, most Chevrolet 4-, 6-, and 8-cylinder engines, and others, into the Land Rover chassis. There are also many aftermarket accessories for Rovers, including an overdrive, limited slip differentials, extra fuel tanks, headers, larger carburetors, extra-heavy-duty axles, wide wheels,



This is the air-transportable version of the 88-inch Land Rover, commonly known as a "lightweight." They are mechanically identical to the standard 88-inch military models but the bodies have been modified to save weight (Rovers North).

roll bars, brush bars, roof racks and a wide variety of comfort items.

Depending on your location, Land Rovers may be plentiful or scarce. Generally, they are most plentiful on the eastern and western seaboard, gradually getting scarcer the farther you get inland. Prices vary considerably, also dependent on locale.

Typically, prices run \$1,200 to \$2,500 for a decent short wheelbase model and \$1,800 to \$4,500 for a good long wheelbase. We are talking about vehicles in good operating condition, though not generally with extras. In many areas, because of their relative scarcity, Rovers are not sought after and it is in these places that the best bargains may be found. Another option is to contact the Land Rover Owners Association, USA (P.O. Box 162201, Sacramento, CA 95816). This nationwide organization has ties all over the United States and has the means to help you find a Land Rover in or near your

particular area. The \$15 a year membership fee brings you, among other things, a quarterly newsletter with a classified ad section listing privately owned vehicles and parts for sale nationwide, plus an up-to-date list of parts houses and commercially sold vehicles for sale. *Hemmings Motor News* is another good source, with Land Rovers for sale in almost every issue.

**Multi-Purpose Tool**—Though we have only scratched the surface of what is possible, you may already be getting ideas on how you might tailor make a Land Rover for your particular needs. Properly equipped, it could be a multi-purpose tool for building your survival shelter no matter how far out it is in the "sticks." It can be a safe, capable family camping vehicle. If disaster comes, it can get you and your family away to a safe place without having to rely on paved roads. In a worst-case scenario, your Land Rover might turn out to be your very best friend. ●



A late model V-8 powered 6X6 conversion (Cliff Johnson).



A short wheelbase Land Rover used as a fire truck by the Alberta Recreation and Park District (Mike Rundie).



Products, Techniques:

# Terrorism Conference and Equipment Exposition

*Tactical Response Association hosts gathering of law enforcement, security, military and intelligence personnel . . .*

By Douglas C. Berner

**M**ODERN means of transportation and communication have shrunk the world, breaking down geographical and political boundaries while increasing the spill-over effect of regional problems.

In this manner, the world has been opened to international terrorism. Local problems become worldwide headaches, and religious, political, or historical conflicts originating in another area can

quickly create a crisis for your community and yourself.

Each of us has seen the results, directly or through the media, of acts of terrorism, hijackings, bombings, hostage situations, barricaded suspects, narcotics trafficking, and satanic cult activity.

The ability of terrorists to set up base, plan, and train in one nation, travel freely to another region or nation to strike a tar-

get, make their protest or demands over mass media, and then make their getaway either surreptitiously or by demanding international air transportation, is perfectly suited to their needs and purposes.

According to Rand Corporation studies, the track record of terrorists to pull off their acts of violence and escape in this manner is quite good. This is the modern version of the bandits of the wild West



Tactical assault equipment displayed by Adventure Specialists.



Ordnance disposal bomb protection suit and "Neutrex" disrupters (water cannon) displayed by Martin L. Kaiser, Inc.



riding for the safety of the Mexican border.

Law enforcement response to these situations is often hindered by local and national jurisdictions, lack of local training, lack of adequate intelligence information, and lack of state-of-the-art electronics, surveillance, and tactical equipment at the local level.

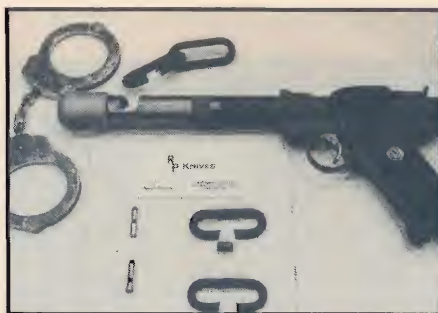
One organization that is doing its best to help the response to criminal violence overcome national boundaries and levels of jurisdiction is the Tactical Response Association (TRA). The TRA is a network of professionals involved in the law enforcement, security, military, and intelligence fields with the purpose of coordinating and sharing information, training, experiences, tactics, and operational concepts.

According to Dr. Brian Jenkins of the Rand Corporation, president of TRA, the objective of TRA is to "enhance the capability of law enforcement to respond to the violence of those whom our society labels as 'criminals' (terrorists, cultists, armed bikers, druggies, etc.) and others who employ violence as a means to an end" and "to assure that each of our responses to potentially violent confrontations is coordinated, measured, and appropriate to the given incident."

In February 1987, the Tactical Response Association presented the World Conference on Terrorism in conjunction with the



Tactical rifle-launched grappling hook using an AR-15 rifle and a bullet trap made by RP Knives.



Pistol version of tactical restraint cutter intended for hostage rescue situations. With the restraint cutter removed from the barrel, the pistol still functions as a weapon.

Ordinance and Safety Equipment Exposition at the Crystal Hyatt Regency in Washington, D.C. With this combination, the TRA created an atmosphere where professionals could take part in several seminars dealing with various aspects of terrorism and examine numerous exhibits featuring the latest in tactical response equipment.

The seminars included subjects such as: Investigating Terrorism, by David Nixon, a retired inspector from England's Scotland Yard; Hostage Negotiations, by Frank Bolz, a retired captain from NYPD; The Making of a SWAT Team, and GSG 9 Tactics, by Dr. David Schiller; Hostage Survival and Product Extortion, by Alan Golacinski, one of the U.S. State Department survivors of the American Embassy hostage situation in Iran; Anti-Terrorist Munitions, by Accuracy Systems; Rocket and Bomb Attack, by Lee Prentis of LAPD; Satanism and Witchcraft, by Patrick Metroyer of LAPD; and a Terrorism Discussion, by Dr. Brian Jenkins of the Rand Corporation.

Exhibitors displayed state of the art electronics, surveillance equipment, night vision devices, tactical gear, weapons, training systems, computer systems, body armor, and ordnance disposal equipment.

For further information, the Tactical Response Association can be contacted at 1017 Fair Oaks Ave., Suite 999, South Pasadena, CA 91030. ●

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*An excellent way to exercise, reduce risk of cardiovascular disease . . .*

By Rhonda Davidson



After spending two hours on the bike, Gary replaces the fluid he lost with his bike bottle.

**W**HAT good does it do to prepare for future survival when current survival needs are unmet? Why build fallout shelters or store food for an impending catastrophe when present lifestyle is not conducive to longevity? Why not safeguard your present to ensure your future?

We've all seen the statistics, but for some reason we ignore their significance. For the sake of the article, however, let's review a few. According to the American Heart Association (AHA), 1.5 million Americans suffer a heart attack each year, with 550,000 of those ending in death. At the same time, 500,000 Americans have strokes annually, leaving approximately 150,000 dead.

Added up, about 1 million people die each year as a result of some form of heart disease. Also known as cardiovascular disease (CVD), heart disease is the number 1 killer of Americans.

Heart attacks and strokes are a result of many factors. The three main areas of concern for preventing CVD, according to the AHA, are: control high blood pressure, stop smoking and eat foods low in cholesterol and fats.

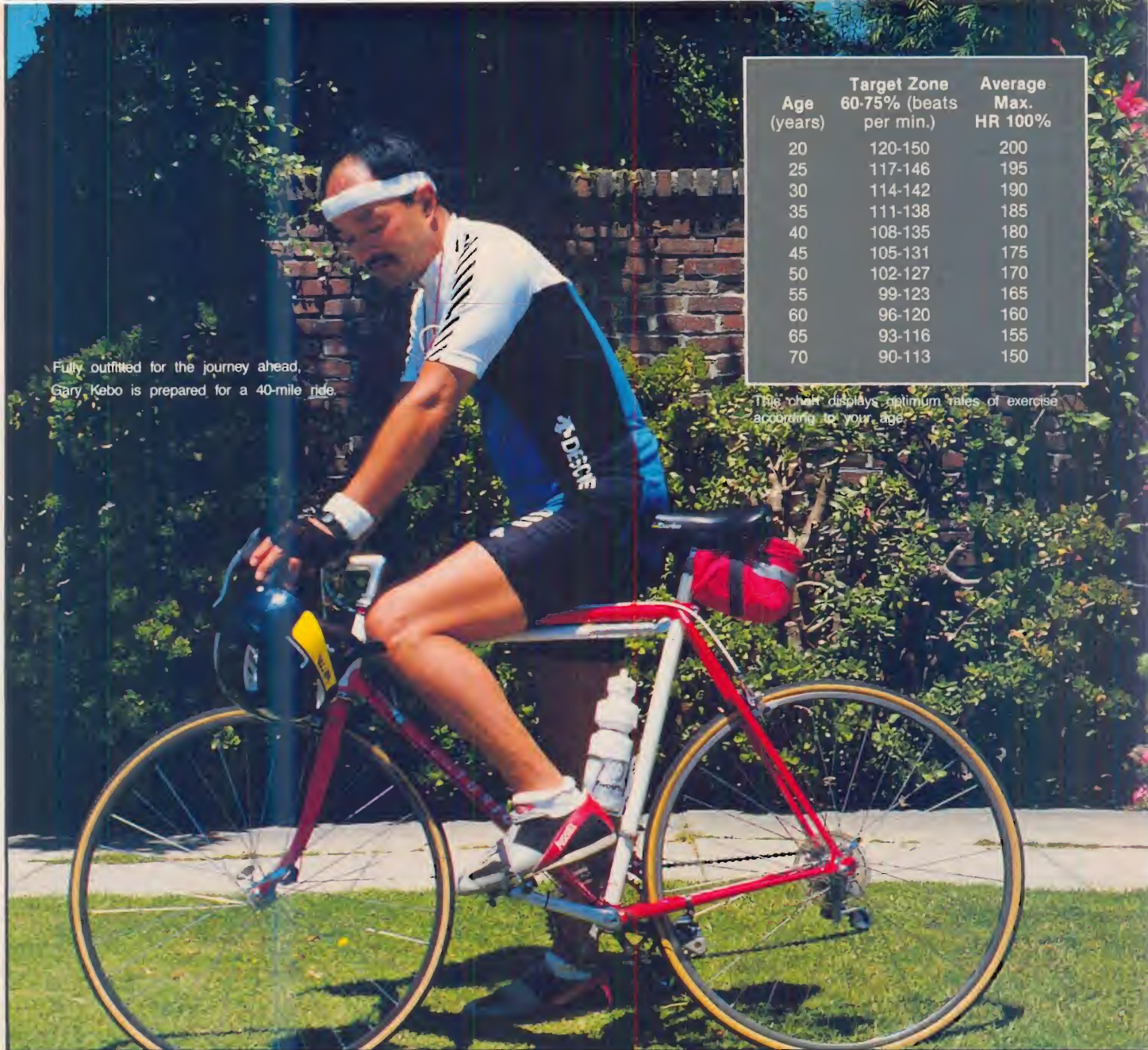
High blood pressure, also known as hypertension, is a disease that afflicts an estimated 56 million adults and 2.7 million children. The cause of about 90 percent of such cases is unknown, however, it is easily detected and treated. High blood pressure has no symptoms. In fact, the reason it is so dangerous is because many people have it for years without knowing it. Blood pressure is simply the push of blood against the artery walls. High blood pressure results when the arteries are constricted, thus placing a strain on the heart as well as on the kidneys and arteries. When untreated or uncontrolled, heart attacks and strokes could result. Most treatments for this condition rely on some combination of diet, exercise and medication to keep it from becoming life threatening.

Gary Kebo, an insurance salesman, does what he can to control his hereditary form of high blood pressure.

Being in the health insurance industry, he is amazed at the lack of sensitivity regarding the need for promoting healthier living. That is, Gary finds there are many people in the field who possess health knowledge yet do little to apply that knowledge. He controls his hypertension through regular bicycling and medication. Bicycling has worked well for Gary, who started a program a year ago.

According to the AHA, "If the major risk factors—high blood pressure, a high blood cholesterol level and cigarette smoking—are ignored, exercise alone probably won't help much." That understood, there are other benefits of regular exercise: it increases energy and provides greater





Fully outfitted for the journey ahead, Gary Kebo is prepared for a 40-mile ride.

Age (years)	Target Zone 60-75% (beats per min.)	Average Max. HR 100%
20	120-150	200
25	117-146	195
30	114-142	190
35	111-138	185
40	108-135	180
45	105-131	175
50	102-127	170
55	99-123	165
60	96-120	160
65	93-116	155
70	90-113	150

This chart displays optimum rates of exercise according to your age.

resistance to fatigue, releases tension, tones muscles and improves self image.

The AHA has found that compared to physically active people, inactive people have 1½ to 2 times the risk of having a heart attack. Worse yet, chances of dying immediately after a heart attack are three times greater in the physically inactive.

The meaning of physically active as defined in this program is simply engaging in a form of exercise which sustains the heart rate at a target level for 20 to 30 minutes at least three times a week.

Gary tries to hit the road three times a week. However, he far exceeds the 20 minute minimum. A 40-mile bike ride is common, taking about two hours to cover. The fact that Gary is self employed, makes the time spent on the bike that much easier.

If you are considering taking up bicycling to safeguard your future, let's discuss a training program. Basically, all you need is a bike, though a cycling helmet is

strongly recommended. Talk with a local bike or sporting goods dealer to determine your biking needs.

Before purchasing anything, however, you might consider a visit to your doctor. The AHA recommends seeing a physician first if: you are a male over 45 or female over 50 and not accustomed to regular exercise; have high blood pressure or uncontrolled high blood pressure; have frequent pain or pressure in the chest, neck shoulder or arm after exercise; experience extreme breathlessness after mild exertion; often feel faint or experience severe dizziness; or have a special medical condition such as diabetes worth reviewing.

**Stretching**—It is advisable, especially in the beginning, to lightly stretch before the actual ride. This will assist in preventing pulled muscles. A good stretching exercise to do is to gently bend at the waist and try touching your toes. Do not bend or stretch past a slight strain, the muscles will

naturally become looser after continued stretching. And above all, **DO NOT BOUNCE**. This is counteractive and actually ends up making the muscles tighter. Another suggested exercise will stretch the calf muscles and achilles tendons. Stand about 1½ feet away from a wall, lean forward with arms straight ahead and place the palms flat against the wall. Feel the calves? You should. If not, either lean forward more or stand farther from the wall. Hold both stretches for about 10 seconds; repeat.

Have that dinky bike seat between your legs now? Well, start pedaling. The goal here is to maintain your target heart rate for at least 20 minutes. To determine at what rate you should be exercising, use the following calculation; your **maximum** heart rate is figured by subtracting your age from 220. The target heart rate is 60 to 75 percent of your maximum. As an aside, after about six months of dedicated

*Continued on page 68*



Silver, Gold, Diamonds:

# All That Glitters

*How to protect yourself from swindlers when you buy precious metals, gems . . .*

By Greg Souchik



**A**T some time in the future you may decide to acquire or barter in valuable metals or diamonds. This could be before or after "the great disaster." If you think there is the remotest possibility that you will deal with or receive gold, silver or diamonds you should be armed with certain information in order to protect yourself from being swindled.

There are two camps of thought as to the practicality of acquiring precious metals, stones, etc. These to be used to trade for other needed goods or to be used as a respected or "hard" currency to reestablish a monetary system. The one line of thought goes something like this: "If you can't eat it or shot it it ain't worth having." This has merit in the fact that no matter how hard you try you can't eat the above mentioned items and they have very little practical use in a basic, post war, non-technical society.

The other side of the coin is that some-

body someplace will always want gold (silver and diamonds included). Though maybe not immediately tradeable after a disaster, once limited commerce reconvenes a medium of trade will still have to be used. Chickens and bullets may be used for a while but I am told history repeats itself and precious metals have always come through as a basis for trade. Obviously no one is going to accept a "Federal Reserve Note" unless they are short of toilet paper or fire starting material. Thus a pre-1964 U.S. dime or quarter may be the dollar or "saw buck" of tomorrow.

With an American dime, quarter, or half dollar it is pretty easy to tell exactly what you have. Most people have at one time or another possessed U.S. silver. It has a special look and feel and even a nice ring when dropped on a hard surface.

U.S. circulated silver coins generally are not a problem. Though there are counter-

feits, they aren't as prevalent as other coins and bullion. We will discuss later how to test silver.

What types of silver are out there?

Silver comes in many shapes, sizes, purities and weights. All U.S. dimes, quarters, half dollars and silver dollars prior to 1964 were made from 90 percent (.900) fine silver. That means that 10 percent of metal in these coins was of other alloys (usually copper), in general included to make them harder and less prone to wear. For example a pre-1964 dime weighs 2.5 grams, 2.25 of which is silver. So if the New York spot silver market is at, say, \$6 an ounce, the dime would be worth approx. 43 cents as there are 31.1 grams in a troy ounce and each gram would be worth .1929 cents. However if you were to try to sell your dime on the day silver was \$6 you would not get 43 cents. Depending on whom you sold it to, a dealer, wholesaler or smelter, you would receive a per-



centage less for their profit. This can range from a few percent to a whole bunch. Conversely if you were to buy that dime from a dealer you would pay a premium over "spot." What that dime would be worth after the balloon goes up is anyone's guess. However, at the height of the silver madness in 1980 one thin dime was bringing as much as \$3.60!

Quarters weigh 6.25 grams, half dollars 12.5 grams and silver dollars 26.73 grams. Silver dollars have always brought a premium over spot silver prices. All the U.S. coins we are talking about are circulated coins, coins that have no real numismatic (collectable) value. I suggest staying away from collectable coins. That is, graded coins such as proofs, mint states, almost uncirculated, etc. Most of these conditions of the coin are someone's opinion, which in many cases is debatable. We are concerned with actual value of metal and not its collectableness. Very few people will have the luxury of maintaining a "coin collection" after "it" happens.

Other types of silver available include ingots or bullion. Ingots generally are rectangular in shape, though one-ounce round ones are common, most rectangular ingots come in 1, 5, 10, 50 and 100 troy ounce sizes. These are popular because you can buy as little or as much as you want. Though you pay a hefty "commission" on each ounce. Usually silver spot price plus approximately a dollar for a one-ounce bar to as little as 35 or 40 cents an ounce for a 100-ounce bar. If you order by mail you'll end up paying shipping, handling, insurance and maybe sales tax. These bars are normally .999 fine, though I have seen bars marked .900. The down side of silver bars is, one, that you have to be sure of the smelter or manufacturer and, two, that you can deal with the size of the bar. Manufacturers such as **ENGLEHARD** or **JOHNSON MATTHEY** are fine but I'd stay away from private issued ingots like "Fast Eddy's Coin and Carpet Shop." Without an assay you can't be sure of the exact contents and if you don't have an accurate balance you can't be certain of the weight. The other problem mentioned is size. It might be convenient and cheaper to purchase a 100-ounce bar, but how many people are going to be able to give you a "fair" value for all 100 ounces? You could cut off a bit here and there but then the person who takes these pieces will have the same problem mentioned above.

Another form of silver is Sterling silver. Sterling silver is .925 fine. Sterling can be found in silverware, jewelry, some coinage, cane heads, money clips, trophies, punch bowls, candle sticks (be aware that most candle sticks and salt shakers are weighted with plaster and may contain only a small amount of metal) and many other common useful and not-so-useful items. The item must be marked "Sterling." At very least it should be marked ".925." Silver plate, triple heavy silver plate, and other markings are NOT silver and are virtually worthless. An item to be made of sterling



ABOVE — You can acquire silver in many different forms: U.S. circulated silver coins made in 1964 and before (left). A 5-ounce silver bar (top right). One-ounce bullion bars (middle right). And one-ounce "art" bars (bottom right).

RIGHT — Tools for evaluating diamonds (left to right). Locking diamond tweezers with a 33-point diamond locked in its jaws. Clear plastic, padded storage containers for loose diamonds. A tungsten carbide scribe. A 10-powder magnifying glass or "loop."



had to be a quality item to start with and the manufacturer was sure to mark it in some way. Some European silver is only marked with numbers. A common one is .800, this of course is 80 percent silver. An item marked "German Silver" has NO silver in it.

As was mentioned before there are fakes and counterfeit pieces. Coins, ingots, sterling items have all been faked. Taking an old tarnished silver plated bowl that wasn't marked from the factory and having the word "sterling" engraved or stamped into it turns a worthless item into one worth maybe several hundred dollars. Silver plating coins, or ingot shaped metal has also been done.

**Protection**—How can you protect yourself? You need some knowledge and a few tools. The knowledge can only be gained by experience. Pick up silver coins, ingots, flatware, etc. Whenever you get the chance notice the weight, feel, tarnish patterns and smell. Notice that a medium weight sterling spoon or fork will start to bend easily with little pressure. Try that with the same size plated utensil and notice how hard it is to get to bend.

As for tools, you will need a small triangular file and about one ounce of con-

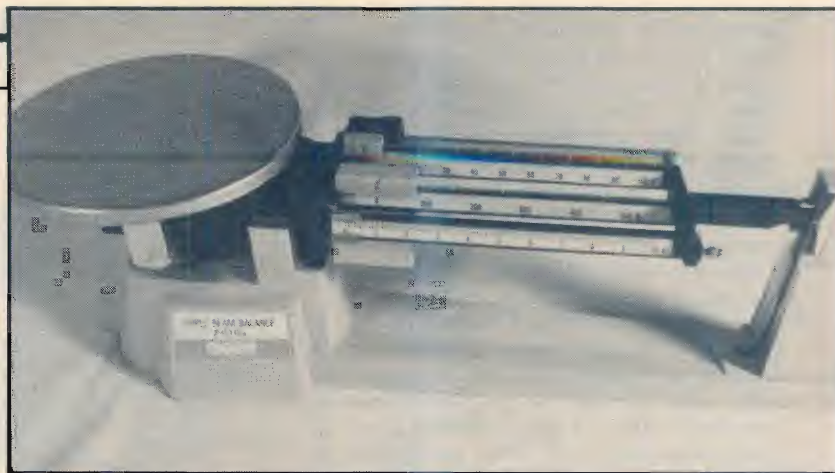
centrated nitric acid in a glass or plastic bottle. The acid can be purchased at a jewelry supply house for a couple dollars. While you are there don't be tempted to buy the fancy and very expensive precious metal testing kit. You don't need it and it can be fooled. It is most important to note that nitric acid is VERY corrosive. Please wear rubber gloves and goggles or a safety shield when working with it. DO NOT breathe any fumes. Obviously KEEP IT OUT OF THE REACH OF CHILDREN OF ALL AGES. Follow safety measures listed on the container.

It is preferable to have the acid in a small glass bottle with a ground glass stopper to which is attached a pointed glass applicator. This too is available at your jewelry supply.

Pick up the piece you intend to test, examine it carefully, if it is someone else's you should inform them that you will have to make a permanent mark on it. Of course if you intend to buy or trade for it it should make little difference to them, unless they are trying to hide something. Also you might consider the place for the test if it is an item that might have more value than just metal content. Wherever you decide to put the mark you must take your triangular file and make several



## All That Glitters



ABOVE — A precision beam balance is essential for accurately weighing precious metals.

LEFT — Various types of Sterling silver (clockwise from the top). A silver cross. A money clip. Sterling flatware. And a heavy whiskey flask.

passes over the same area, preferably on the edge so that you end up with a small "v" cut in the suspected silver. One sixty-fourth of an inch is plenty. Silver is a soft metal and it should take no more than four or five strokes to do the job.

Take your acid bottle and carefully dab on a small amount of nitric, just enough to wet the "v." A reaction should be swift.

If the metal is silver you should see a nice off-white milky color form wherever the acid touched. It should be uniform on the surface and in the "v." If you have a .999 bar the reaction will be thick and milky, down to more thinly milky leaving a slight discoloration or tarnish to .800 silver.

It is difficult to explain the difference between .900 and .925 and between .995 and .999. The only way to tell is with experience. But the main thing is to be sure you have the milky color.

If it is not silver it most likely would be copper or brass plated item and your reaction would be bubbly and green. If it bubbles green it's worthless.

You may find something that doesn't react at all. This could be platinum, but it is highly unlikely that a platinum item wouldn't be plainly marked. There are some false teeth, rings and jewelry that are made out of various inert manmade metals that will not react to the acid, but the giveaway is that these metals are all VERY hard. You can hardly scratch them with a file. Once you have tested the metal and are sure of your results (if you are not sure do it again), wash the test area with plenty of water to remove the acid and rub the area with a soft towel to help remove the milky residue.

**Gold**—Gold is similar to silver in price setting, size, ingots and testing but at the same time different. Gold is a metal that people have craved since it was discovered. People have killed and died for it. Countries have fallen because of it. And someone will always want it.

Gold has always been considered a good

### Troy Weight

3.086 Grains = 1 Carat =  
200 Milligrams

24 Grains = 1 Pennyweight =  
1.555 Grams

20 Pennyweight or 480 Grains =  
1 Ounce = 31.1 Grams

12 Ounces or 5,760 Grains = 1 Pound  
= 373.24 Grams

1 Grain = .0648 Grams

### Avoldrups Weight

1 Grain = .0648 Grams

437.5 Grains = 1 Ounce =  
28.34 Grams

16 Ounces or 7,000 Grains =  
1 Pound = 453.59 Grams

survival currency because when other currencies have failed gold was always there. Gold is convenient because you can put a large amount of wealth in a small place. The problem with this is like with the large silver bars; there are very few small gold pieces.

The 1/10-ounce South African Krugrand was popular till it was no longer imported. The Canadians have a 1/10-ounce maple leaf and Mexico has 2-2½-and 5-peso coins which are nice small currency but again you pay a high "commission" for the advantage.

Circulated U.S. gold coins can be considered bullion coins. All semi-modern U.S. coins (up to 1932) were .900 fine gold with 10 percent copper for hardness. Though not true by weight or content a U.S. Twenty dollar gold piece is considered one ounce (approx.). A ten dollar gold piece one half ounce and a five dollar gold piece one quarter ounce. Again if they are not worn out and have much detail or a good date or mint mark they would have collector value and wouldn't be of interest here.

The New York spot gold market changes several times a day right along with the silver market. The only way to find out what the exact price of either is, is to con-

tact a dealer or broker with a computer hook-up with the gold market. The other way to buy gold other than U.S. coins is with .999 bullion either with something like maple leaves in one ounce, one-quarter or one-tenth ounce. There are also ingots available in much the same sizes as silver. But if you thought you'd have a rough time cashing in a 100-ounce silver bar think about a 10- or 50-ounce gold bar.

There is one other method of "trading" in gold and that is gold jewelry. Gold jewelry, watches, rings, chains etc. are normally marked in karats (kt); 24kt equals pure gold. Not solid gold because jewelry marked "Solid Gold" is usually 8kt. and sometimes not gold at all. The most common karats found are 10, 14, and 18. Though almost any karat has been made from next to nothing up to 24. European gold is marked in .1000s. With .1000 being 24kt, .750 18kt, .582 14kt, .416 10kt. To further confuse you, gold jewelry is normally bought and sold by the "pennyweight." 1.555 grams is a pennyweight (dwt.), 20dwt = 1 troy ounce (see sidebar).

The profit potential makes counterfeiting gold items quite lucrative and many gold plated (read worthless) items are passed off or falsely marked as some karat of gold. "H.G.E.," Heavy Gold Electroplate, is obviously plated, "1/10 12kt" is plated, some items are just marked 10k or 14k and are obviously plated. Also some bullion and gold coins have been faked. The rule of thumb is if you're not sure: test it! If you have the items to test silver you have almost everything you need for gold. The only addition and not absolutely necessary is a jeweler's loop or 10 power or higher magnifying glass. This will help you read the small letters inside a ring or on a necklace.

The procedure is basically the same for gold as it is for silver. Take care if you are testing a chain or other fragile piece that you don't file through it. Again if you get a bubbly green reaction you have a bad piece. The most common karats to test for



are 10 and 14. Twenty-four karat gold has absolutely no reaction to the acid, whereas 10 karat which is less than half gold will show some slight reaction, NO green color but the gold around the test site will tarnish a little bit when the acid is left on for a few minutes. Fourteen karat will show even less reaction. Though frequent use and some practice makes it pretty easy to tell them apart. The higher the karat the more gold the color, the lower the karat the more reddish the color. I want to mention that you want to see the same color all the way down in your "v" cut and that there is a white gold, usually 14kt, and it will react the same as testing 14kt yellow gold. Eighteen karat will also have almost no reaction but as you go up the karat ladder the items are more scarce. Another unusual source of gold is dental gold which is 16kt. When a relative passes away you can request to be given the dental gold, though an honest funeral director will return dental gold to you without request.

As mentioned there are several types of gold testing kits available. Most work around some type of test stone where you scrape the object over the stone leaving a residue and then test this residue with an acid. The problem with this is that some heavily plated items will leave a "good" mark and possibly give a false reading. Many invoice gold buyers in the early 1980s lost tens of thousands of dollars buying up relatively worthless gold plate thinking they were buying karat gold. A note of interest is that gold plate does have some value but only in quantities in the range of pounds. If you are going to purchase another piece of equipment and you think you will be doing a volume of work, a good metric beam scale would be helpful. They come in a variety of sizes and prices. Plan on spending a minimum of \$75. They also come in handy for accurate measurement of small quantities of other items up to several pounds.

**Diamonds**—Another tangible asset that many people possess is diamonds.

Like silver and gold, diamonds are sought for their beauty and intrinsic value, although most consumers pay far too much for what they believe is a good investment. Diamonds are sold at retail level. That is, in a jewelry store for between 100 to 1,000-plus percent profit. That is not a typo. A diamond that retails for \$1,000 may only cost the broker as little as \$100.

Jewelers will be incensed by this statement but take a look at how many jewelry stores exist in your town. Even small towns usually have several. Another way to check is to take, say, an engagement ring that was purchased several years ago and try to sell it back to the store you bought it from. They may let you trade it in on a more valuable piece but they will never buy it back at anywhere close to what you paid

### Sources For Buying And Selling Precious Metals

#### COIN WORLD

911 Vandemark Road  
P.O. Box 150  
Sidney, Ohio 45365

#### NUMISMATIC NEWS

Dept. AFB  
700 E. State Street  
Iola, Wisconsin 54990

#### CANADIAN COIN NEWS

P.O. Box 10,000  
Bracebridge, Ontario  
Canada, P0B 1C0

for it. And remember "Diamonds are a good investment." This is horse manure spewed out by DeBeers and other large diamond firms. This statement is only true if you buy round stones at or near wholesale and a carat (not "karat," a measure of the fineness of gold) or larger. Also the cut, color and clarity should be of good quality.

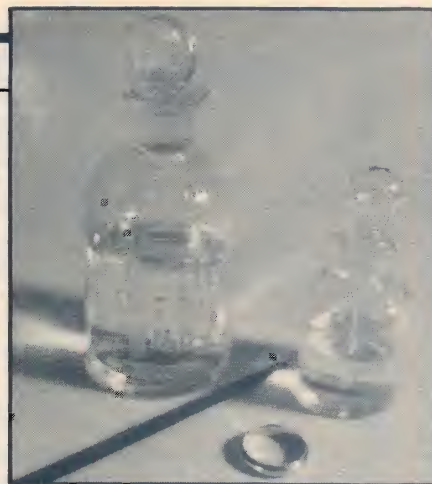
Diamonds like precious metal will have limited demand in a post-war, post-world depression environment but may become a medium of exchange. As with gold you should be armed with some knowledge of the mechanics of testing and grading.

Diamonds are weighed in carats and hundredths of carats called points i.e. a quarter-carat stone would be 25 points (pt.) or .25. A carat weighs .2 grams or 200 milligrams.

The main thing you should be concerned about is that it is truly a diamond. There are many varieties of manmade diamonds and diamond substitutes like cubic zirconia (c.z.). Fortunately, for the moment it costs more per carat to produce a large manmade diamond than it would to buy the real thing. However glass, rhinestones, c.z.s and other similar items are quite common. You should know what to look out for. A magazine article certainly won't make you a gemologist but you still can be educated in your dealing.

First, never buy a stone in a setting. That is, a ring, necklace, earring, etc. The prongs may hide a defect such as a chip. It is best to inspect loose stones or carefully remove the stone from the setting. Diamonds, surprisingly, are very prone to chipping on the edges and a wrong move with a pair of pliers and you may end up with a spray of diamond dust where your stone used to be.

We are only concerned with the most common cut of diamond, a round one. The first test is to take the stone and place it on a piece of fine newsprint or fine print in a book. Look through it, you may need your 10 or 16 power loop. You will not be able to make out any distinguishable letters through a true diamond. Next, if you have them place the stone in a pair of self-locking diamond tweezers, plain tweezers will also work. You should acquire a tungsten



Basic equipment needed for testing gold and silver. A container of nitric acid, a small applicator bottle and a triangular file.

carbide scribe available in a hardware store. With this attempt to scratch one bezel or the top table. A diamond will not scratch, however a c.z., glass or other similar item will. Don't believe the nonsense about only a diamond scratching glass. Your scribe will scratch glass as will a c.z. Glass will even scratch glass.

If the stone passes these two tests you can be pretty well assured it is a diamond. Now you have to decide how good a diamond it is. You should closely examine the piece held in the tweezers under a strong light. A microscope is even better. The diamond should be of nice proportions and perfectly round when looking from the top. Other than chips the two most frequent flaws are carbon spots, which look like black specks inside the stone and inclusions which look like the cracks in ice. If neither of these can be spotted with the naked eye the stone is good enough to acquire. If none of these or only a tiny bit are discovered with the 10 power loop then you have even a better stone. The last test is color. This one is the most difficult, especially if you do not have anything to compare it to. The easiest way to check for color is to fold a piece of white paper in half, producing a "v." Carefully place the stone in the half open paper and using daylight (sunlight is even better) see if you can detect any yellow tint to the stone. In general the whiter the stone the better the quality. If the diamond is dirty yellow or has a noticeably yellow tint it would be of lesser quality.

Again your biggest concern is that you have a genuine diamond. After that you have to decide if you like the color, clarity and cut. And if you want to trade or barter for it.

Keep in mind that even though diamonds, silver and gold are inedible and may even be a luxury, at some time a formal commerce will reconvene and in all likelihood hard currency will be the legal tender. That old axiom, "The Golden Rule: Those that have the gold make the rules," may become literally true. ●



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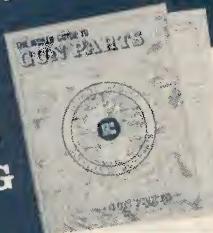
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## Bicycling

(Continued from page 63)

cycling, you can ride at 85 percent of your maximum, though this is not necessary for additional conditioning. It won't take long for the cycling to get easier. You may find that you either want to ride longer or ride more often. That's good. While the minimum will provide necessary conditioning, think about all those extra calories you'll be burning.

So, there's your goal and the gist of the program. After the ride, quickly place the tips of your first two fingers lightly over one of the blood vessels located on your neck, to the left or right of the Adam's Apple. Count your pulse for 10 seconds and then multiply by six. If you find that your pulse is below your target zone, exercise a little harder next time. If you're above your target zone, slow down a little bit on your next ride. If it falls within the target zone, keep up the good work.

A warning before we discuss the cool down. If it takes longer than 10 to 15 minutes for your pulse to slow down and return to normal after your ride or if you have trouble breathing, feel faint, or have extended weakness, reduce the pace of your next ride. It's important to adapt slowly and get as much out of the exercise as possible so that you will continue doing it.

Now the part you've been waiting for: you've done the 20 to 30 minutes of target heart rate cycling and you're ready to call it a workout. Not so fast. It's to your advantage to either walk around or ride the bike easily for five minutes. This prevents the muscles from tightening and allows the body to return to equilibrium gently.

All the work you have just invested represents energy expenditure. How many calories burned depends on the miles per hour you have traveled, sex, age and metabolic rate (to name the main factors). However, on the average, you could assume that at 6 mph a 100-pound person will burn about 160 calories; 150-pound person, 240 calories (but that's an easy ride, you'll be beyond that in no time). At 12 mph, the 100-pound biker will expend around 270 calories and the 150-pound person, 410. It is this extra fat that you are flushing from your body that is consequential in reducing the chances of heart attack and stroke. Since obesity is a contributing factor to those ailments and excess weight puts an added strain on your heart, burning those calories is important. Therefore, try to refrain from grabbing the ice cream and putting those calories right back in.

Cycling doesn't take much time and it doesn't take much money (compared to medical costs or some survival equipment). You will probably even find other survivalists out there doing it. Be it cycling or any other form of exercise, staying active enables us to get more out of life. ●



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## AK-47 Accuracy

(Continued on page 38)

a rough spot you can jerk the trigger—a bad habit I have anyway—and thereby produce a flyer.

The trigger will take some getting used to for us but we can live with that. Four-shot groups of 2 1/8 and 3 1/2 inches at 100 yards with iron sights are nothing to scoff at. After all, this weapon was not made for match shooting.

To quote writer Chris Rennick in his piece on AKs in the March 1987 issue of the British magazine *HANDGUNNER*, one often hears the complaint that the Kalashnikov weapons are not accurate: "It shoots high." It does that. It has a high trajectory, but that does not stop it from being capable of hitting a man sized target consistently at 300 meters. Ninety percent of contacts (fire fights) take place under 100 meters. At that range the AK will shoot groups of four to six inches. Bad? Yeah! How wide is your head?"

Of course when speaking of the AK's inherent accuracy, Rennick must be referring to average groups fired from different models of this weapon. The Mitchell Yugoslav AKs are obviously even more accurate if our groups are any indication.

In all the firing we did using the drum magazine, there was not one malfunction. With a suggested retail of \$150, the drum mag is not cheap, but it sure does function well if the one I bought is typical.

**Comparisons**—I was asked to bring my Mitchell AK in to a local gun shop so the proprietor could examine it and compare it with Chinese and Hungarian made AKs he has for sale at considerably less than the suggested price of the Mitchell guns. He wanted to know, "why everyone is so hot for these rifles." Looking over the different guns it was clear that the Mitchell AKs are made by the same metal stamping processes and so forth, although they are better finished and fitted, especially the stocks and forends with that beautiful teak wood. Sure that teak wood is nice, the gun shop manager conceded, but is it worth an extra \$150 to \$200?

Feeling the wobbly, cheap wooden forend on one of the other AKs, I knew that, had I do it all over again, I still would have purchased the Mitchell gun (true, he is an advertiser and I got a price break since it was a test gun, but I still spent quite a bit more than these other AKs retail for). I usually go with the best when I can. I like the way this AK feels and looks. To me it's like the difference between a Cadillac and small economy car. Both will get you from point A to point B. But it's how you get there that makes the difference. For more information see your gun dealer, or contact Mitchell Arms, Inc., Dept. ASG, 3411 Lake Center Drive, Santa Ana, CA 92704; (714) 957-5711. ●

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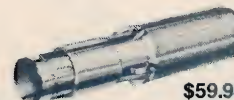
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**T**HE GOAL of a good camouflage pattern is to present to the eyes of man or wildlife a *meaningless* picture within a specified environment.

For this goal to be obtained, the camouflage pattern (colors included) must blend into the environment in such a way that it deceives the eye. Until now, most man-made patterns have failed to accomplish this goal, especially at distances of 15 yards or more, due to the various pattern designs and colors bleeding together to cause a dark "blob" or silhouette effect.

Unless natural materials such as limbs or grass are added to the camouflage system, the dark human form becomes unnatural, thus the eye picks it up. Movement makes the condition worse. This situation does not seem to occur with ASAT.

Knowing the problems of existing camouflage patterns, two veteran outdoorsmen, Jim Barnhart and Stan Starr, Jr., spent eight long years in research and development of the new and highly effective ALL-SEASON, ALL-TERRAIN (ASAT™) camouflage pattern and color scheme which complements over 90 percent of shapes found in nature. The colors of tan, brown and black are in an "upward" growth pattern that causes the camouflage to blend into all sub-arctic environments. The Urban ASAT has the same pattern, however, the colors are brick red, black and shadow (steel gray) for a perfect blend into city environments.

My concentration of test for the ASAT was centered upon wildlife. I asked a friend to wear the BDU (Battledress

## Brigade Quartermasters:



ASAT compared to woodland camouflage. ASAT has a "natural growth" pattern that blends effectively into sub-arctic environments.

# ASAT Camouflage

*An effective camouflage that hunters, adventurers or military people can feel secure in . . .*

By W. Ed Poe

Utilities) set to a late season dove shoot. The birds would be shoot-wise and would fly away from anything that looked unnatural.

When the friend saw the tan ASAT for the first time, he wanted to back out of the deal. He, like others that saw the ASAT pattern for the first time, laughed. This was to be expected because the ASAT pattern is no doubt, very different from what we have all been accustomed to over the years.

There was little laughter from my friend when I asked him to return the ASAT set after the shoot. He found out that it works. The birds quickly spotted the other shooters but failed to see him standing in a small patch of uncut corn stalks. He had his limit of birds and was back at the truck long before the others finished. He claimed

the ASAT actually attracted the birds. It took a little explaining to convince him that the ASAT did not attract the birds, but that it looked natural within the environment of the cornfield, so it became meaningless to the birds.

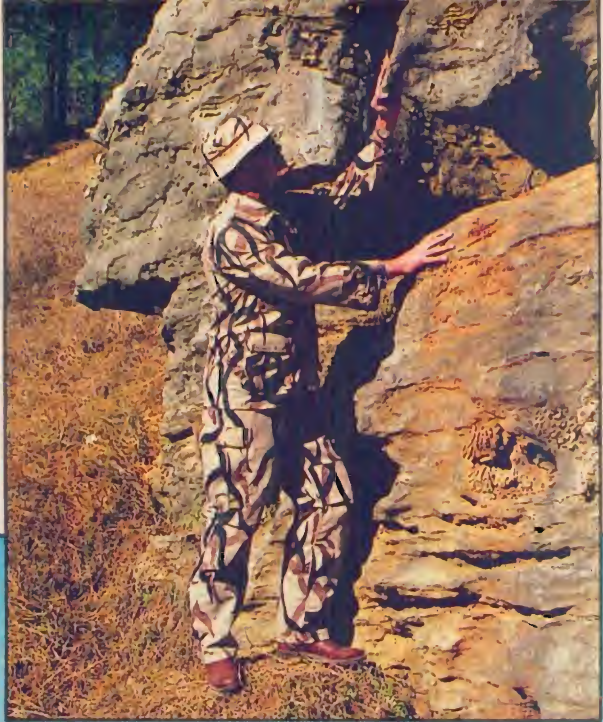
The dove shoot test was only one of several performed with the tan ASAT. All tests involving animals or people were given high marks. The ASAT is an effective camouflage that hunters, adventurers or military people can feel secure in. I believe this pattern will make a definite mark on the camouflage market. In fact, Uncle Sam would do well to look at ASAT.

For more information concerning ASAT, contact: Brigade Quartermasters, Ltd., Dept. ASG, 266 Roswell Street, Marietta, GA 30060. ●



Without looking hard, it would be easy to miss the set of ASAT in this cornfield.







Desert Bighorn:

# Survivalist Goes Sheep Hunting

*Proving the value of the H&K 91 as a sporting rifle . . .*

By Lenny Hoover



The fulfillment of a dream: the author and his Desert Bighorn Sheep which he shot with his H&K 91 with a Leupold Vari-X 3 to 9 Variable Compact scope.



A bonus of the trip was the taking of this feral Spanish Goat.

**T**HE country south of Interstate 8 between Gila Bena and Yuma, Arizona, is perhaps some of the most desolate, unforgiving and arid country in North America.

Every year it claims the lives of unwary off-road enthusiasts and illegal aliens from Mexico. As a survivalist you can bet that I was aware of the dangers of this region when I set out to hunt in it.

I had been drawn (one of 63 in Arizona) to hunt what is probably this continent's most prized trophy animal, The Desert Bighorn Sheep. This animal was close to extinction at the turn of the century. Through careful management and hard work, much of it by hunters, the Desert Bighorn can again, in small numbers, be hunted.

I had been drawn for the Desert Bighorn in a two mountain range hunting unit. The Gila and Tinajas Atlas (high tanks) Mountains are just south of Welton, Arizona.

After much research I decided to hunt the Tinajas Altas Mountains since they do not have such a deep interior. I also came to another conclusion. Due to the rugged nature and poor footing in these mountains I would hunt them with the most rugged and dependable firearm I could. I chose the firearm I always hunt big game with. The Heckler and Koch 91.



Base camp for the hunt. Seven people participated in the hunt.

I knew that right from the box the H&K 91 would shoot one-inch groups. Find another sporting arm that will do the same straight from the shelf! The Desert Bighorn with its eight power color vision has all the advantages it needs. I wanted to make sure that the sun reflecting from a bright blued barrel or mirror finished stock did not give me away on a stalk. The H&K 91 with its dull finish would insure this. Other features such as a forearm mounted, detachable, retractable bipod and detachable scope mount aided in my selection of firearms.

With literally a once in a lifetime hunt-

ing opportunity I wanted utter dependability in my rifle. The 91 delivers all of this and even though a few of my traditional hunting buddies teased me about my decision I left my home in Arizona's high country with the certainty that I would at least not have to worry about my rifle.

I did have other worries, however. These mountain ranges are right on the Mexican border. They also lie on a military gunnery range and drug smuggling route. I had been told by people who knew the area to carry a sidearm. I decided that just to be safe I would pack my H&K P9S .45 caliber pistol. Even though the hunt would take



place in the winter, plenty of water would have to be taken and a comfortable camp set. Sheep hunting's different than other type of hunting. You use optics day after day, sun up to sun down and then when you find a good ram you must hustle up tortuous terrain, quietly. This type of regimen requires a good night's sleep and desert nights have a way of starting off hot and ending up bitterly cold.

My new Butler sleeping bag gave me all the comfort and warmth I needed. I would also need a good pack frame and the best optics I could afford. I chose the Jansport Freighter Frame. This choice later helped me avoid a fatal fall. I need both a spotting scope and a pair of binoculars to hunt sheep. I took my Spacemaster II spotter and a pair of 10 by 50 binoculars both by Bushnell. Optics are the single most important item on a sheep hunt.

I had all the confidence in the world in the equipment I was taking because I had used it on many survivalist exercises and other hunts previously. I was really concerned with my ability to find sheep in what several guides had told me was the toughest sheep unit in the state. Since a man can only hunt one ram in Arizona in his lifetime. It is tough to become experienced in sheep hunting!

Though I had never used one before I booked a guide. If after a certain amount of time had passed and the guide had not heard from me he would arrive in my unit to help me find a sheep. This at least would allow me to hunt on my own with my friends Bob and Kurt for a week or so.

After one flat tire caused by a piece of greasewood we arrived at the Tinajas Atlas Mountains. These mountains had only one source of known water until we arrived. After one look at the decomposed granite that the mountains were made of I knew that any climbing would be very dangerous. This turned out to be an understatement on my part.

It was the third day of sitting behind a spotting scope hour after hour before we saw anything larger than a bird. About noon on the third day I spotted a large ewe. One second nothing, the next second a mile away she just appeared in the spotting scope. She was the first live Desert Bighorn I had ever seen outside a zoo. She was a beautiful creature and was the color of a chocolate bar with a white rump. Later in the day I spotted another ewe with a radio collar on, placed there by Arizona Game and Fish. At least I figured that I had learned how to spot sheep. Little did I know that the next mammal larger than a rabbit would not be spotted for another eight days.

We scoped the rugged mountains for eight days finding little except a single Spanish Goat, legal to shoot, which I did with my H&K and a Leupold Vari-X 3 by 9 Variable Compact scope from about 400 to 425 yards. It took until 9:30 at night on the eighth day to get that skinned goat carcass down from the mountains and we were exhausted.



The author's Heckler and Koch weapons and accessories, which he refers to as his "survival system." At top is the .308 Win. H&K 91 he used for the hunt with the Leupold Vari-X scope. At left center is the H&K P9S in .45 ACP. At bottom is the H&K 91 rifle chambered for the .223 Remington round. The detachable bipod and scope fit both rifles.

My guide came early the next day and I was glad of it. Though I think I could have taken a ram without him. I do not think it would have been as nice as the one I eventually took. Bob, Kurt and I were just not spotting full-curl, thick-horned rams. My guide Mike Mell did not have the same problem that we did. Two days after his arrival Mike found the sheep I wanted.

At about 2 p.m. Mike showed me a ram that took my breath away. He had a full curl and was massive at the base and in the middle of his horns.

He was resting his horns on a rock to take the weight off his head. A man does not get to see beauty like this often so we savored it awhile and then, almost reluctantly Mike began the stalk. He set a brisk pace keeping a foot hill between us and the ram. He dropped flakes of toilet tissue constantly to test the wind. We arrived at the bottom of a saddle. I knew that I would shoot from it's top. We started to climb and I started to hyperventilate. I would not have time at the top to fully recover my breath so I tried to oxygenate my blood. On the way up Mike kicked a large rock down the hill. Just when I was congratulating myself on my stealth I slipped and slammed the H&K 91 into a rock face. For about the thousandth time I silently praised myself for bringing the robust firearm. Just below the saddle's rim we halted to rest. Mike then helped me look over the edge with my Leupold set on 9 power. He propped me up by the butt until I could at last stick to the mountain's edge and find some type of shooting position.

Mike then picked his binoculars up and went to spot the ram and any hits I might make. A wounded animal of this animal's caliber in this rough country would be a nightmare. In about two minutes with Mike's help I had the animal spotted in my scope. I could just see his horns behind a

boulder. Then we walked up on a ledge and I had a neck shot. The range was not as far as the goat had been. Once again I was not sure. Mike said 225 yards perhaps 250. The ram at last moved and gave me his broadside on a small table top. One bound and he would be out of harm's way. I placed the reticle two inches below the ram's back. He looked at me. He knew something was wrong, probably the noise we made on the ascent. I was thankful for the All Season All Terrain camouflage by Brigade Quartermaster. This stuff is better than the Army's day desert pattern in the desert and works very well in all seasons and in wooded areas as well.

As adrenaline slowed down time I squeezed the trigger. The ram was still up and had not budged. Two inches above the backbone this time. Squeezzzeee. The ram did not even flinch. Silently cursing myself I gently pulled the trigger again, this time 10 inches above the ram's spine. He immediately dropped off the ledge and fell 30 yards.

Mike and his assistant Charlie congratulate me. Mike told me he had never seen such quick shots on sheep. I was furious at myself for taking three shots to put down the ram. After a one-hour climb to get to the ram we found that he had been hit twice. Once low in the lungs and then the backbone. The second and third shots had hit him. He had taken a 150-grain .308 bullet and not even flinched, even though he was dead on his feet. We later estimated the range to be closer to 300 yards.

Slowly I admired the animal, his wondrous dried blood colored horns. His tawny chocolate fur. I felt the remorse of a saddened hunter and the burning joy of the predator that lies ancestrally in us all. It was the fulfillment of one of my life's goals.

On the way down we needed a rope to get the halved animal out on the Jansport



## Survivalist Goes Sheep Hunting



One of the guides carries half of the author's Desert Bighorn Sheep on the way back to camp.

Freighter Frame. As we descended I reflected how being a survivalist had helped me accomplish this difficult job. It had acquainted me with the rifle which could handle this tough country. I had the equipment I needed, radios, four-wheel drive vehicles, packs, sidearms, sleeping bags, tents and most importantly the knowledge. Knowledge that can be used in everyday life as well as in a crisis.

I grinned at the thought of my friends who would now have to accept the value of the H&K 91 as a sporting rifle, a proven game getter.

We finally reached the mountain's bottom and Mike's souped up old Willy's Jeep.

After a while we got to missing Mike. He had slipped away and with his binoculars, in the dying light of a Sonoran Desert's pomegranate sunset, was busily searching the mountains for one more glimpse of a Desert Bighorn sheep. All of us looked sheepishly (no pun intended) at each other and picked up our binoculars as well. We too yearned for just one last look! ●

If you would like to hunt the Desert Bighorn the odds are tough but contact Arizona Game and Fish Dept. at 2222 W. Greenway Rd., Phoenix, AZ 85023. *Get a guide.* This is especially true if you get drawn and are not a resident of Arizona. Mike Mell is superb! Contact him at Ram-rider Guides and Outfitters, 4500 W. Johnson Dr., Showlow, Arizona 85901. Mike can hunt in Arizona and Nevada. Many guides can get sheep out of the easy units. Only a handful can take nice sheep out of tough units like mine. The address for Butler Bags is PO 3998, Kingman, AZ 86402. Bring plenty of water. The best book on Desert Bighorn is *The Desert Bighorn, It's Life History, Ecology, and Management*: University of Arizona Press. Finally, if you hunt any sheep try to take a mature ram, mine was 9½ years old. This is good for the species. Hunt them for their delicious meat, the good that thinning the herd does for the animals in their limited ranges; do it most of all for the challenge and the animal's magnificence. Give the hunt your heart and soul. The Desert Bighorn deserves nothing less and may require more to be successful! ●

## AD INDEX

Atlanta Cutlery Corporation	14
B-Square	77
Blackjack Knives	26
Blowgun World, Inc.	69
BMF Activator, Inc.	34
Brigade Quartermasters	26
Brigade Security Forces	69
Bullet Stop, The	38
Butokukai	35
CEP, Inc.	29
China Diesel Imports	C4
Custom Wheel Industries	69
Cutlery Shoppe	2, 3, 4, 5
Delta Press	30
Desert Publications	49
Dutchman, The	31
Edge Company, The	7
Feather Enterprises	55
Florida Knife Corporation	55
Foothill's Fastprint Photo I.D.	69
Frank's Survival Center	8
Gerber Legendary Blades	45
Great Lakes Distributing	68
Gun Parts Corporation, The	68
INCO	25
Intergalactic Coalition	69
Johnny Mac's Factory Outlet	68
LRRP Security Service, Inc.	55
McSweeney's Combat	38
Midwest Sport Distributors	30, 34
Nuclear & Personal Defense	69
Nuclear Research	69
Nuclear Video	37
Paladin Press	11
Phoenix Systems, Inc.	25
Pocket Survivor, The	69
Provisions Unlimited	10
R.P. Knives	8
Sierra Supply	33, 61
Smoky Mountain Knife Works	69
Special Weapons Products	15
St. Martin's Press	27
Steve Arnold's Gun Room	71
Surplus Central	77
Survival Book	37
Survival Center, The	15
Survival, Inc.	39, 40, 41, 42
U.S. Cavalry	69
Vantage Press	69
Yellowstone Basin Properties	69
Your Supply Depot Limited	21

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**Guide**  
**Advertisers**



## Food Storage

(Continued from page 55)

**Freezing Drying**—The first ice-making equipment was patented in 1830, but it was another 30 years before there was any large-scale production of ice.

Prior to the refrigerated railway cars and ships that came into general use around the turn of the century, cool storage achieved with a mixture of salt and ice allowed the rail shipment of fresh foods across country, and even across the Atlantic.

Early efforts to freeze food caused undesirable changes in taste and texture, a problem not solved until Clarence Birdseye perfected his "quick freeze" system in 1920. But, the public remained reluctant

World War and again in WW 2. As anyone who has any experience with powdered WW 2 field rations will attest, they were really bad—Yuck! Never popular as more than a subject of battlefield humor, those powdered foods were a far cry from the nutritionally rich and excellent tasting dehydrated foods produced today.

Under modern procedures of dehydration, liquefied foods like fruit drinks and milk are made into a dried powder by spraying them into a hot air chamber or over an internally heated drum. Solid foods, such as vegetables and meats, are dehydrated in a stream of warm air, or by a freeze-dried process where frozen moisture is removed in a high vacuum environment. Since most solid foods have a very high water content, their weight and volume is appreciably reduced by dehydration. When hermetically sealed in moisture-free containers, these foods will remain stable for a decade or more. To prepare most of these foods you do nothing but add water and simmer. A few, especially in the meat group, do require special and somewhat pampered preparation.

The eating habits of most Americans have been formulated by a trend towards convenience that has produced foods that are scientifically grown to achieve predictable standards of quality and yield, then scalded, frozen, dehydrated, hydrogenated, blended, deodorized, or otherwise processed with additives that provide additional protection against microbiological decay, oxidation, and the interaction of proteins and sugars, before being enhanced with cosmetic agents that improve appearance, color, structure, consistency, and flavor. Had we not reached this advanced stage of chemical gastronomy combined with a scientific approach to manufacture and distribution, our quality of life would be considerably diminished, and the production of survival foods would be limited to things like pemmican in rawhide bags.

No question about it, expanding your understanding of ancient and modern methods of preserving food will improve your ability to prepare for and to survive, short- and long-term emergencies. That's a good thought to leave you with. But let me leave you with this one too:

We live in a society in which millions of dollars are spent on burgers, with enough salt in just one to supply your sodium requirements for a whole day, and "real" fruit bars so filled with artificial ingredients that one apple and a few raisins are enough to produce many of them. You don't have to depend on those kinds of "foods." Starting now to improve your physical condition by learning to eat better nutritionally could be the best survival move you'll ever make. ●



In 1920 Clarence Birdseye invented the "quick freeze" system for effective, tasty cold storage foods. It was not widely accepted by the public until World War 2 when many women went to work in defense plants. This ad for Birdseye brand frozen foods appeared in a publication in December 1942.

to accept even good quality frozen food. It was a new concept, expensive, and difficult for the average housewife to deal with. Most American families did not replace their ice boxes with an electric refrigerator until well into the mid-1930s, and the small freezer of those first refrigerators wouldn't hold much more than a couple of ice cube trays. It was during WW 2 when women went to work in the defense plants, that they started turning to frozen foods as a fast and convenient way to prepare meals.

Attempts to commercially produce powdered foods have been mostly war induced efforts that started with the Civil War, and were revised during the First

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Fill out the accompanying coupon, and include payment with subscription orders or current subscription extensions. All ASG 1987 Giveaway No. 2 entries should be printed or typewritten on the official coupon, or a reasonable facsimile from this magazine. It is not necessary to clip the official coupon from this magazine. A facsimile entry is acceptable and valid, as long as it contains information required with the subscription or extension order/entry form. The ASG Giveaway is open to any resident of the United States. Federal law requires that only U.S. citizens are eligible to receive a firearm prize. The prize winner must not be legally restricted from receiving or possessing a firearm. This contest offer is void where prohibited by law. Employees of McMullen Publishing and its subsidiaries or subordinate agencies, and members of their immediate families, are not eligible to enter the contest. There is a **LIMIT OF ONE ENTRY PER PERSON** for this contest. Duplicate and/or multiple-copy entries, when detected, will be disqualified and discarded. The prize winner will be selected in a random drawing of the coupons submitted for this contest. The drawing will be conducted at 2 p.m. Dec. 15, 1987. Entries received after Dec. 14, 1987 at 4 p.m. will be invalidated and discarded, though subscription orders will be honored by McMullen Publishing. The prize winner will be notified by telephone and/or mail within one week of the drawing. This firearm prize winner will be required to arrange with a local federally licensed firearms dealer to accept delivery of the prize. The winner will be required by the firearms dealer accepting the prize to fill out all necessary federal, state and/or local firearm purchase and/or transfer forms. To receive this prize, the winner must meet **ALL** federal, state and/or local requirements for firearms ownership. The winner must be 18 years of age or older. **NO EXCEPTIONS.**



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Prize No. 1, M1A rifle in .308 Win. caliber with camouflage fiberglass stock from Springfield Armory, Dept. ASG, 420 West Main Street, Geneseo, IL 61254; (309) 944-5631. This prize will be given with the items shown here, including a no-gunsmithing scope mount from B-Square, Dept. ASG, P.O. Box 11281, Ft. Worth, TX 76109; (817) 923-0964. Additionally, the prize winner will receive a camouflage carrying case and bayonet from Springfield Armory. Total prize valued at more than \$750.



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